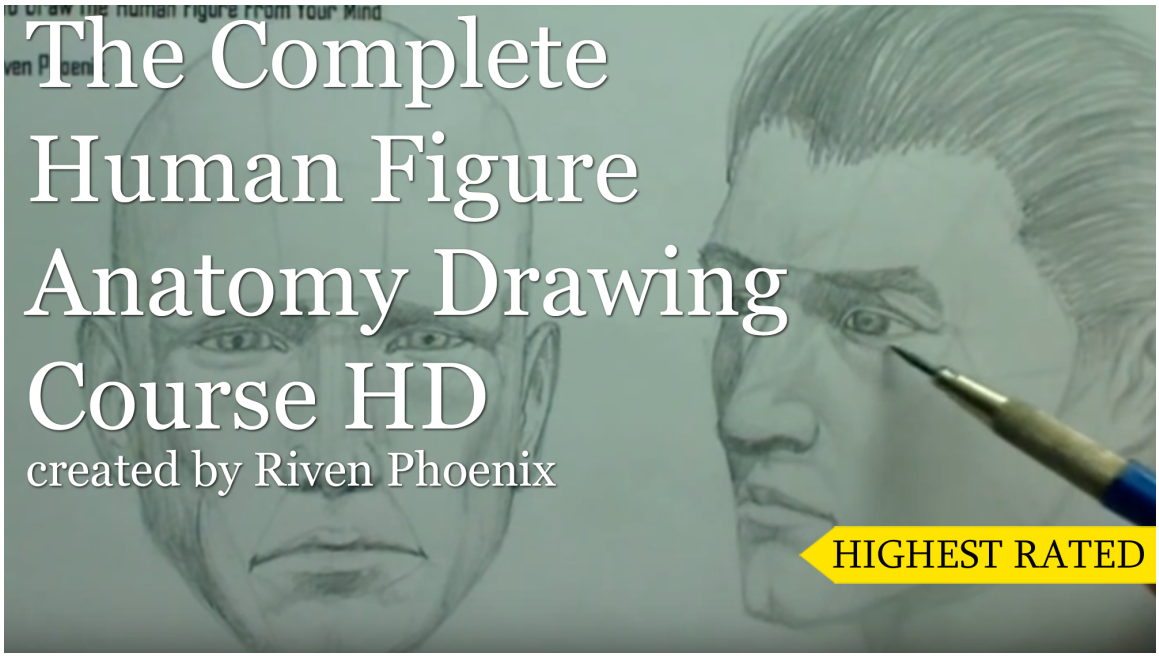

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 126 - The Muscles of The Torso - Part 7

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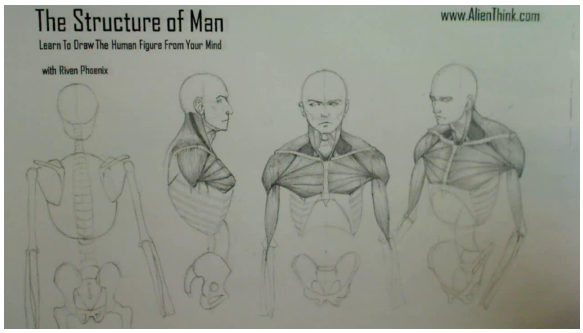
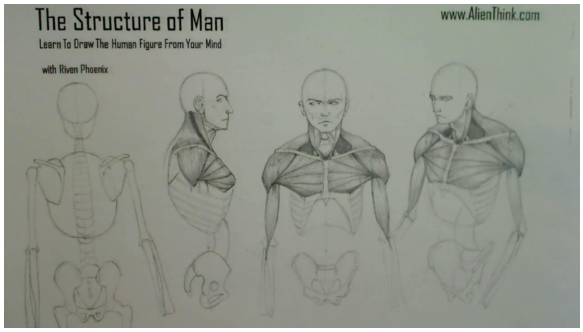
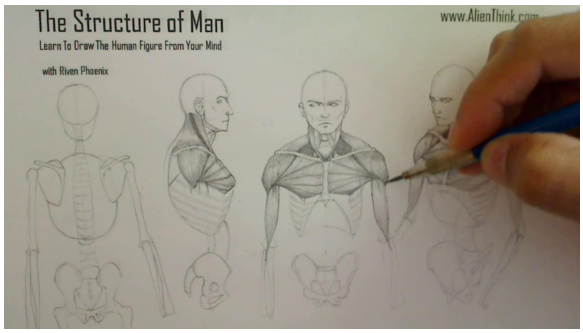
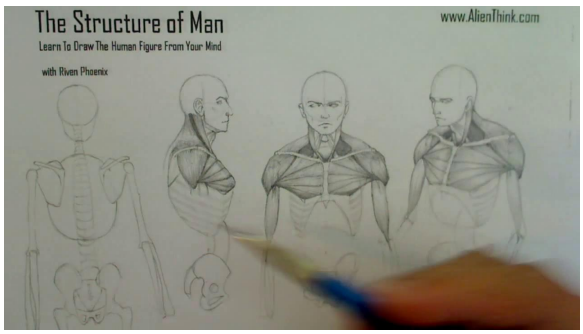
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man learn to draw the human figure from your mind training course.
2		Okay, so in the previous lesson we had now gone through a understanding of how really the deltoid muscle works and how it connects.
3		So we can give this more of a 3D look here if we want to.
4		So these are much more simpler, easier to understand.

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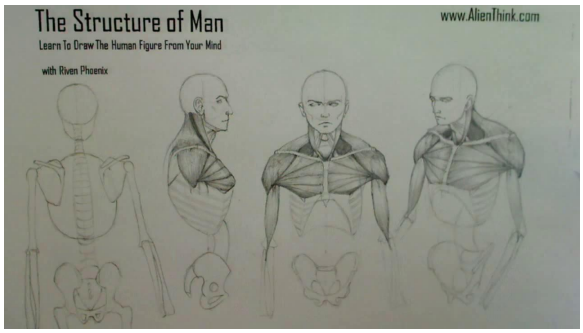
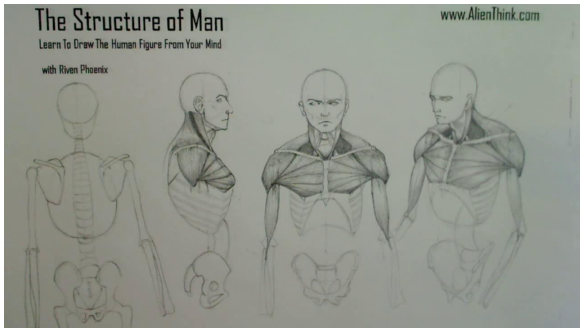
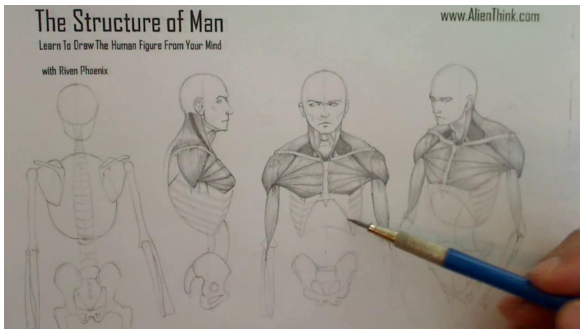
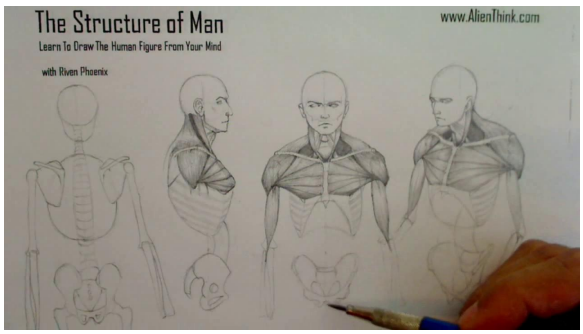
5		So you can see how quickly we're mapping the understanding of the muscles quickly in the mind.
6		So now we're going to take a look at the next area of the human figure and that's going to be the abs.
7		Right, understanding how the abs is towards and here you'll see it's going to be very easy to comprehend this idea.
8		So here we know that this is going to be the crotch area over here.

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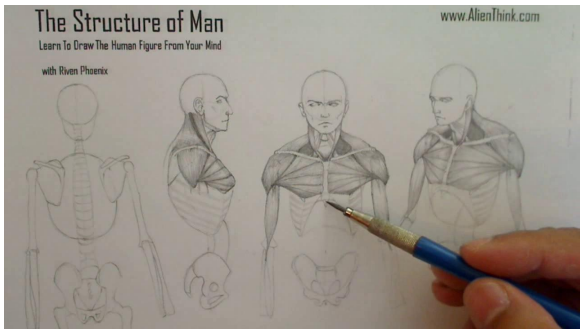
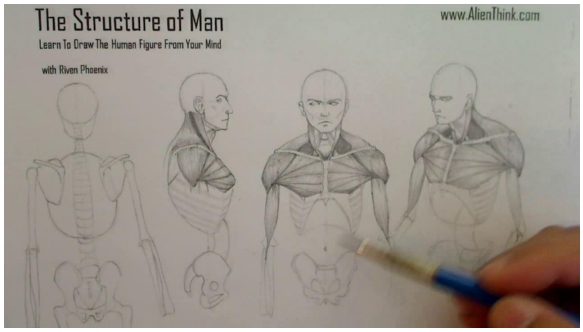
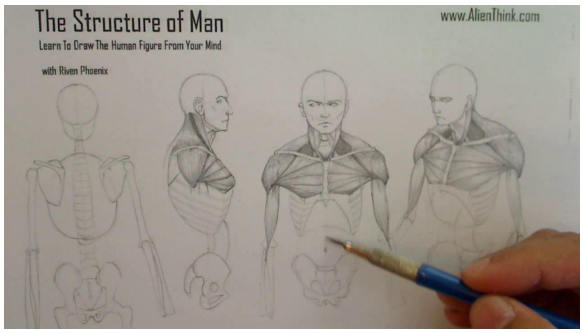
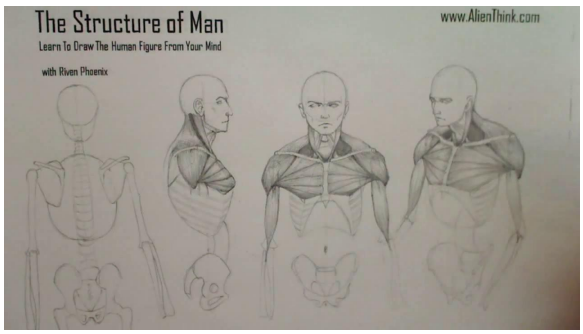
9		Right, and we stated that this is going to be roughly around where the belly button is.
10		Okay, and this is over here.
11		So it's going to be around here, let's say.
12		Right, so we're dividing this like in equal parts.

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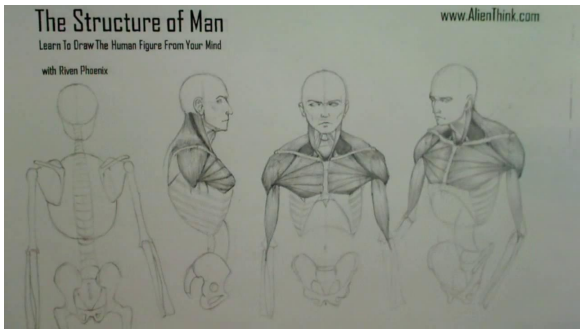
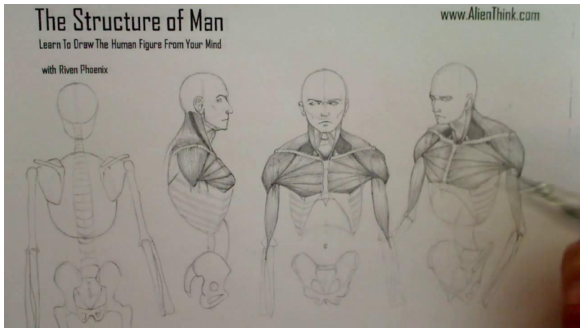
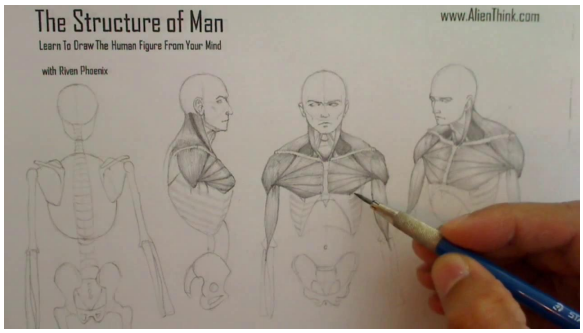
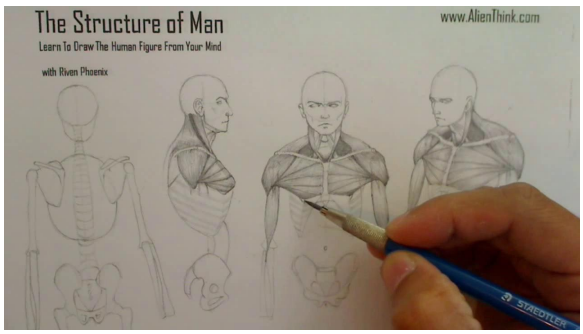
13		Okay, so where this belly button is, all that we have to understand is really there are two abs that go up above it.
14		Right, so how the system works is very simple.
15		So where we have this, see this, this muscle here came out a little bit, right?
16		So from within it, you're going to actually get a muscle that's going to come down this way.

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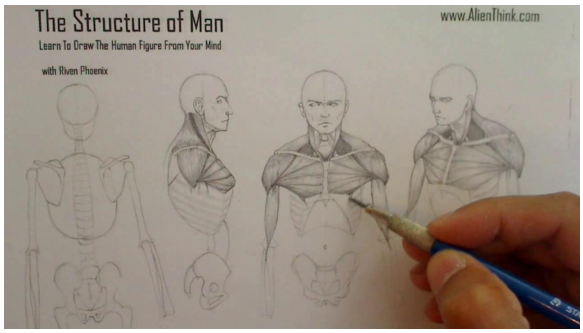
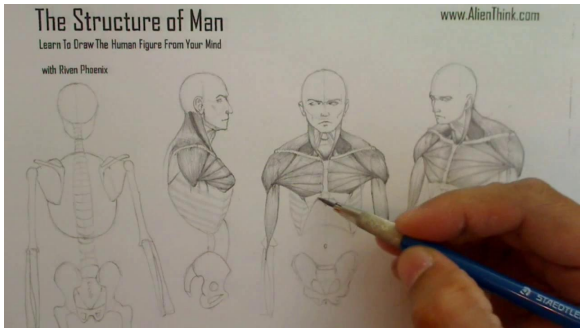
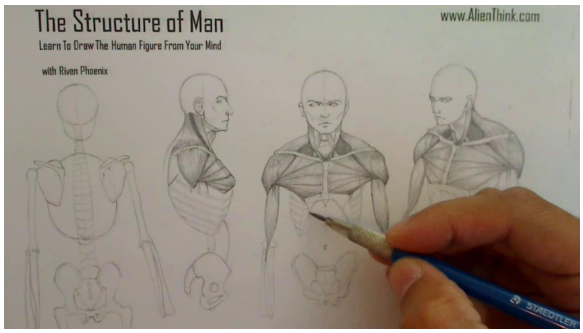
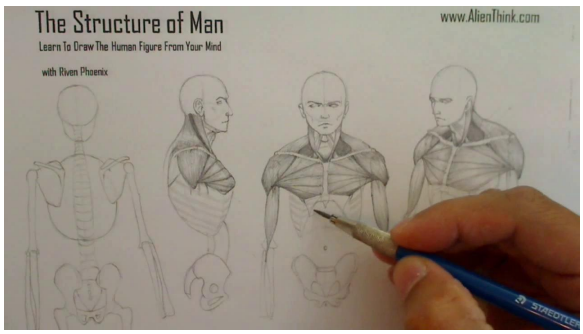
17		Okay, you're going to get a muscle that's going to come down this way.
18		So what this muscle is, is that you're going to get basically this muscle is going to be touching the chest cavity.
19		And then over here it's going to then suit down.
20		See this?

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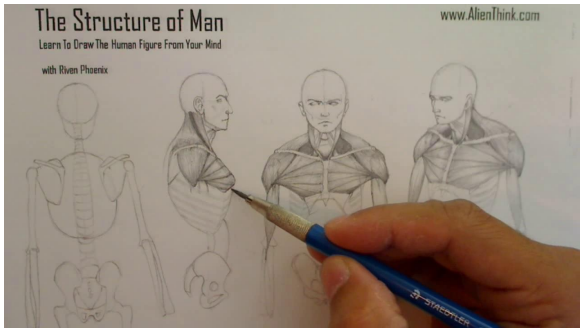
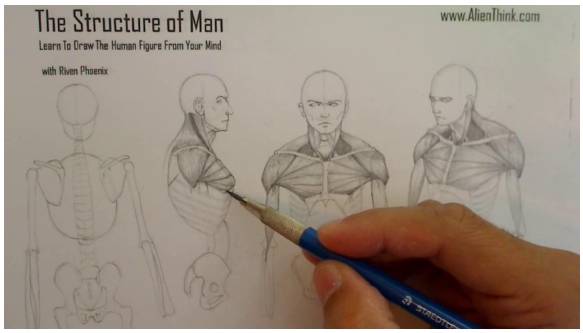
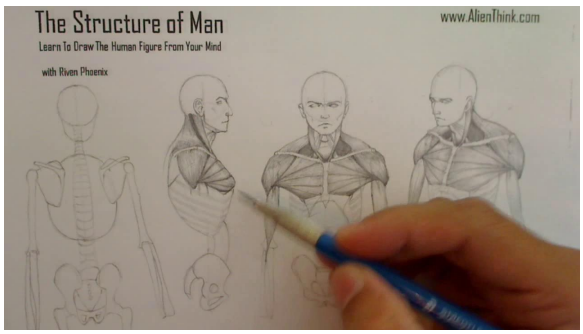
21		Over here, we said this is the flat area, right?
22		So this, right, this is the flat area.
23		What we're saying is, okay, this is my, the bottom of the pack muscle over here, right?
24		This muscle is going from here and then look, it's going to go down a little bit.

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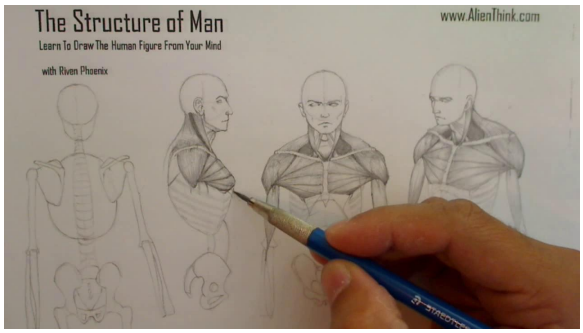
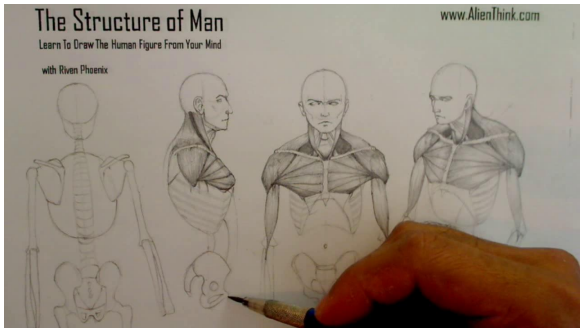
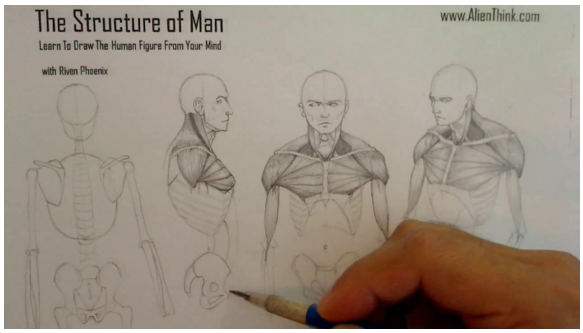
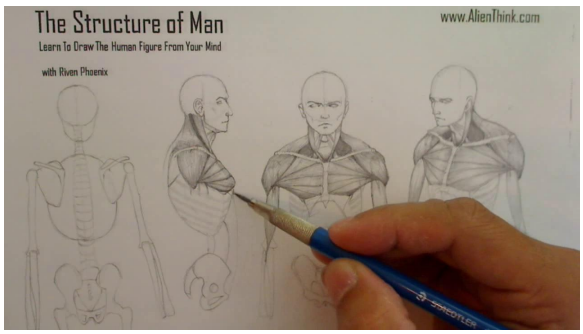
25		Meaning that your, your, your, your abs are really going to go be, go like this and they're going to connect to the, the,
26		this area of the bone.
27		So it's going to be like a line like this.
28		So these muscles will come down and they're going to go in a little bit over here.

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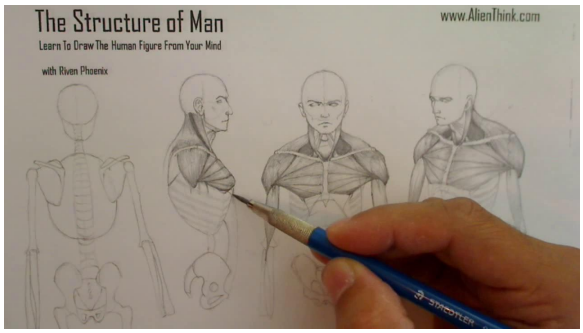
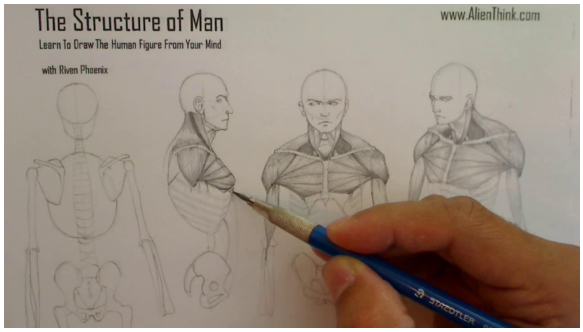
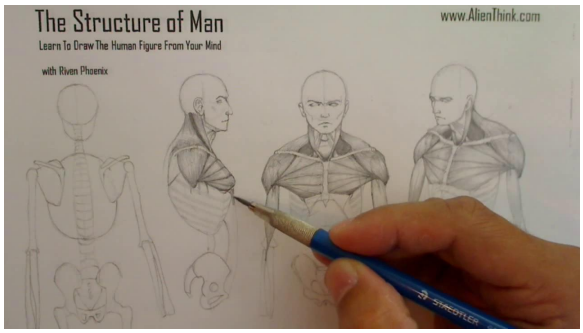
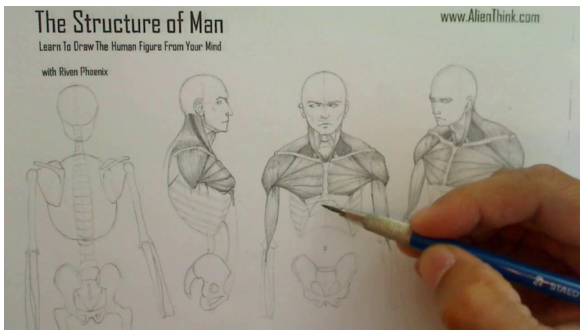
29		Right, so here I'm just going to put them down very easily.
30		So you can see them first where, how we're doing this, right?
31		Let's look at them here from the side.
32		So from the front, it's, it's going to be very easy that over here with the, the stair amiss,

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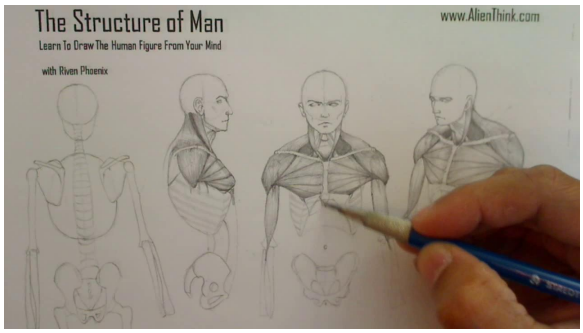
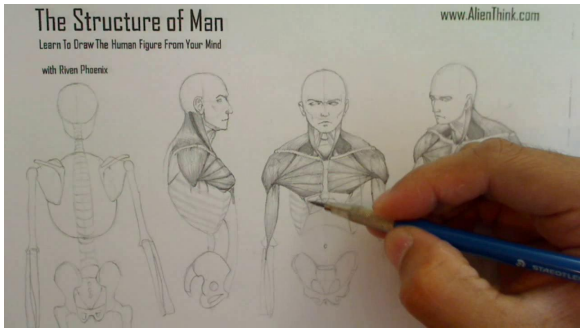
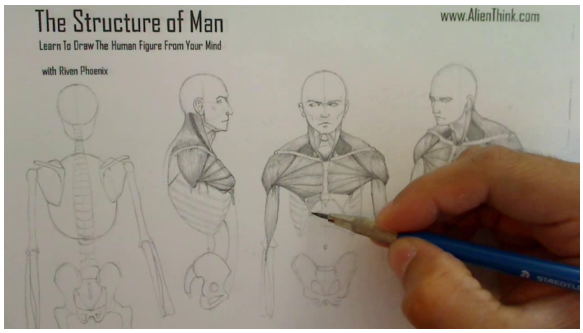
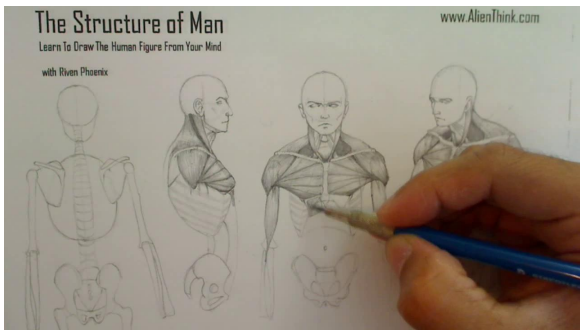
33		I'm just going to make like this very simple shape first over here and draw out this muscle, right?
34		So here I'm just going to first go like this, right, draw this muscle out and then I know that, okay,
35		it's really now touching this part here like this and then it's going to go on like this.
36		Right, so this is more of a simplified understanding of the first muscle of the at, right?

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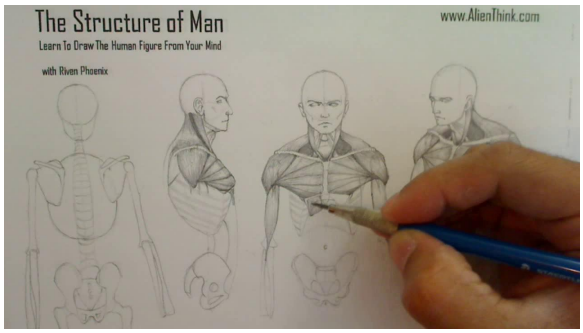
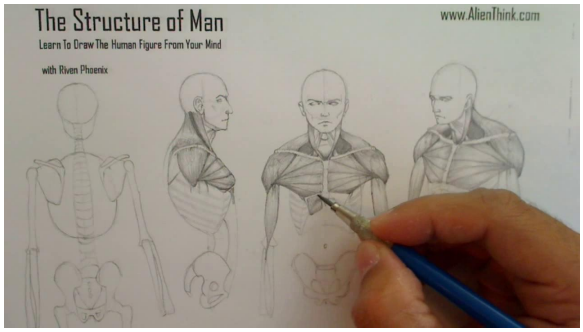
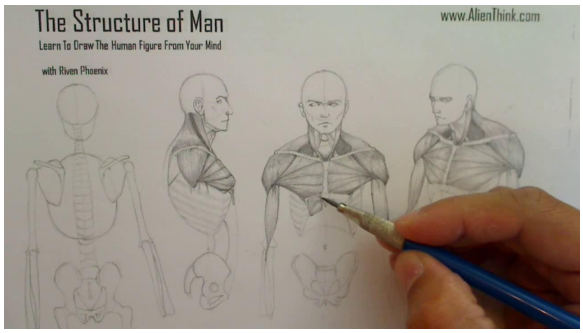
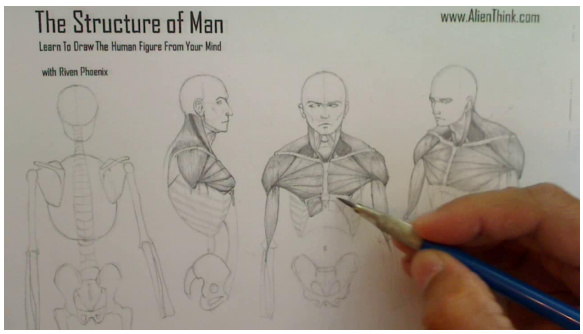
37		So it's always touching this area here than it wants to dip down in here, okay?
38		And it's going to have like the space here around it.
39		Okay, so this means that from this end we're just going to get the same thing.
40		This muscle is just going to be here and just balance it out looking at the other side.

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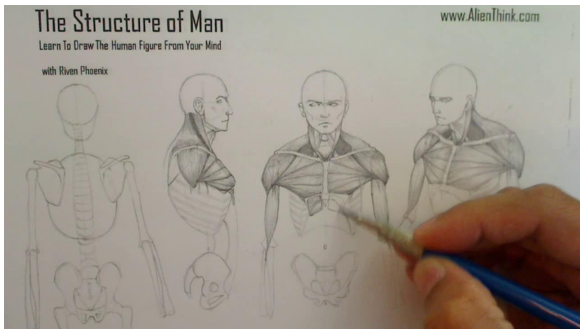
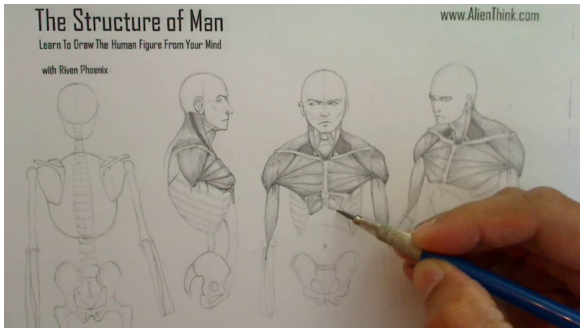
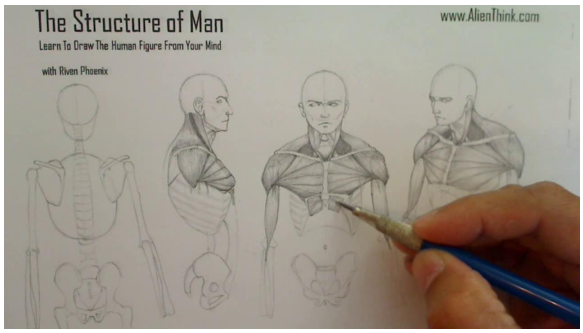
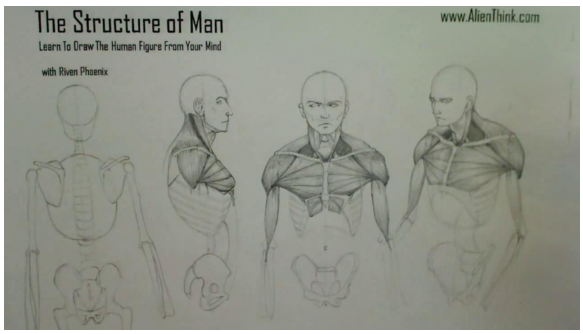
41		Oh, this is going to be, and I'm just going to put this over here like this and then put this over here like this.
42		Right, so remember this is touching the chest cavity, right?
43		So you're going to get like a dip in here like this.
44		Okay, so what happens next is now just understanding the design, right?

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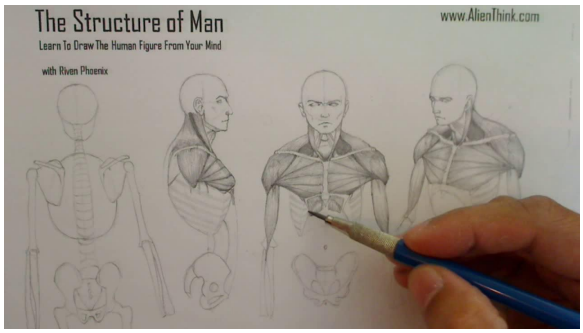
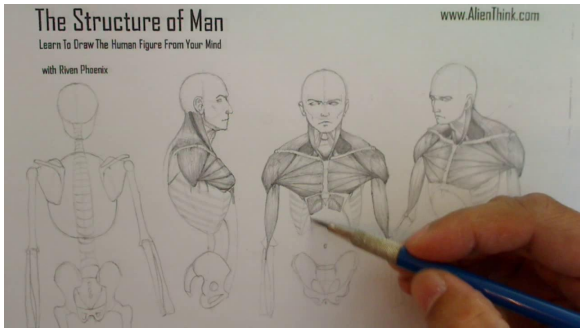
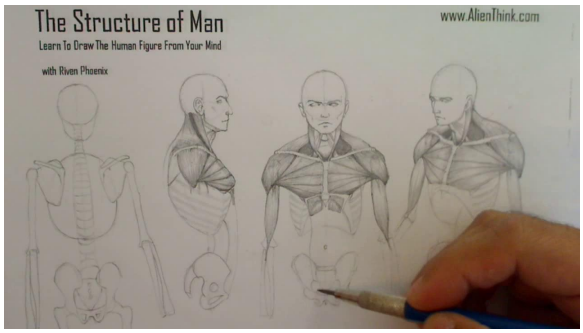
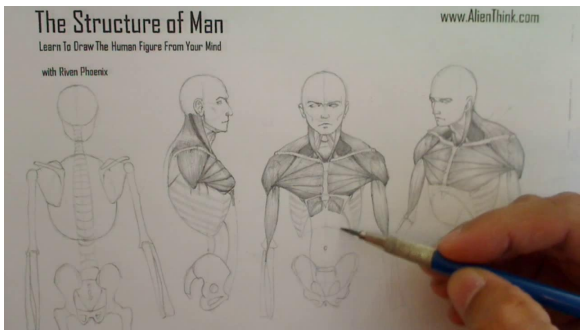
45		So design is really simply that it curves in a little bit and when it gets close to the, to the navel,
46		it's just going to kind of like balloon out and it's going to go back here where this joint is, right?
47		So it's just going to come down like this and that's it.
48		You just go like this and you come down just like this, right?

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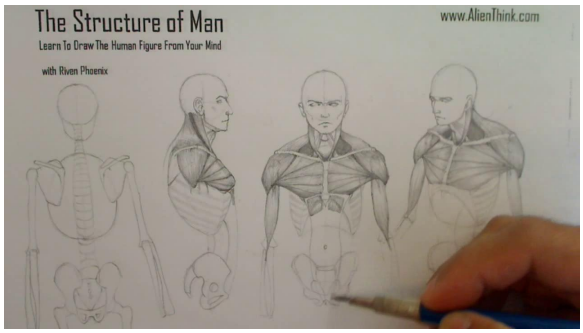
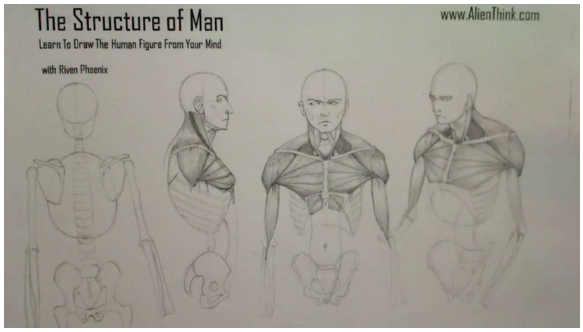
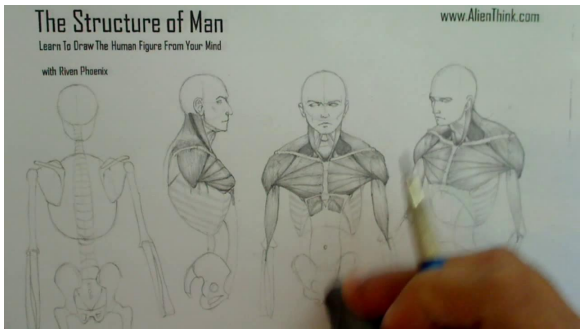
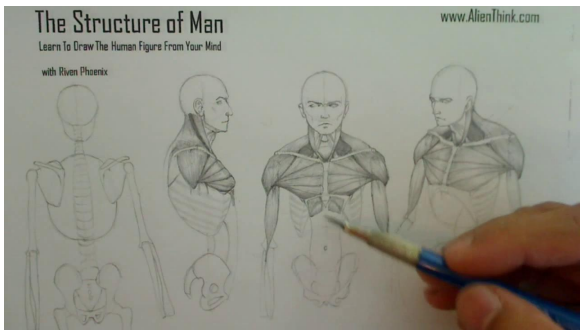
49		Just balance it out in this way, right?
50		So now we can erase this part here of the front of the, of the pelvis area, right?
51		Because now we can put the ass and it's going to be very simple.
52		It's just understanding where this navel is.

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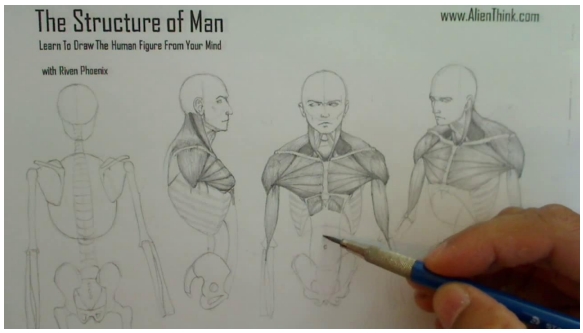
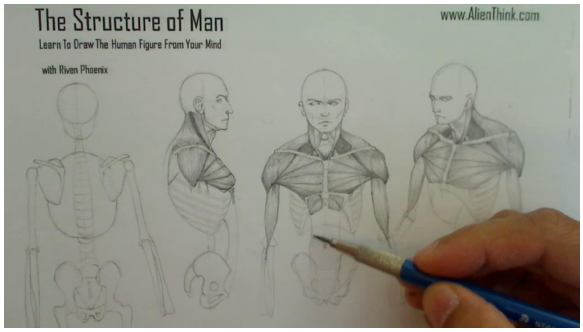
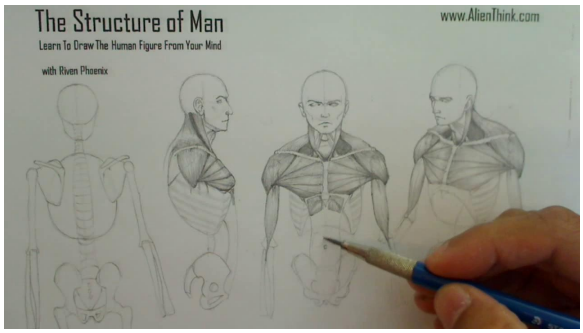
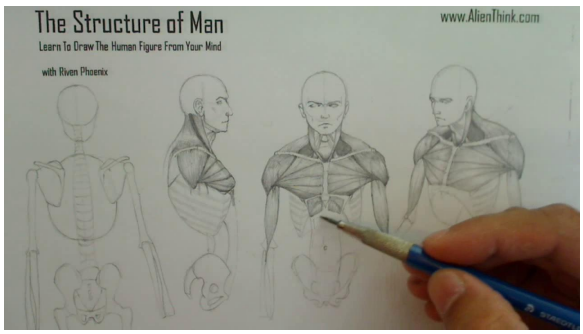
53		You're going to get one half muscle, right?
54		Remember, there's always a white area here.
55		You're going to get one half muscle here and the other one is just going to be like this,
56		but notice the angles that this one really is going to be more on an angle here like this.

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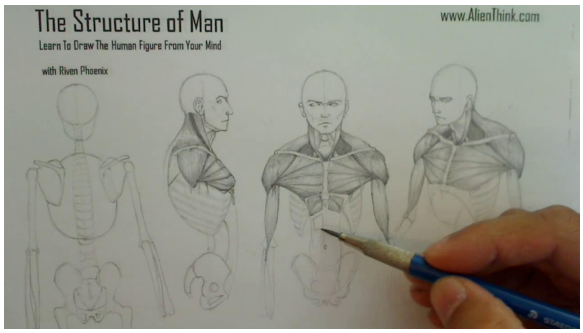
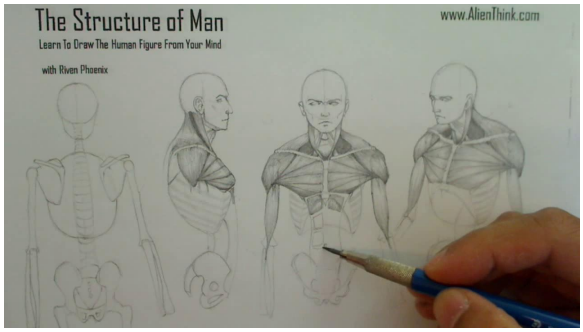
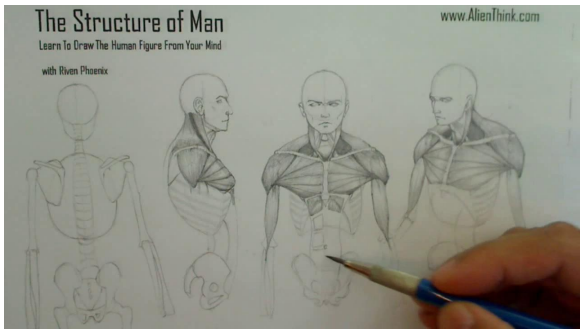
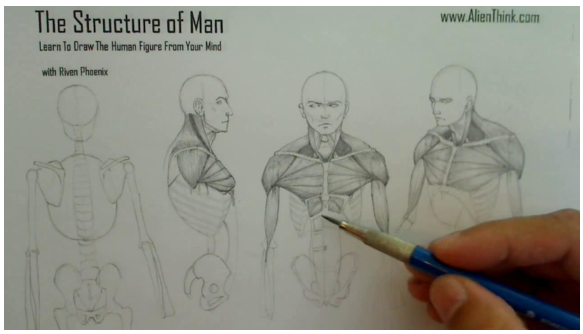
57		It's going to be a little bit more on the angle and then it's just going to become
58		or almost like horizontal over here.
59		So these abs are just going to be like this, these shapes in here.
60		So look, one, two, three, four.

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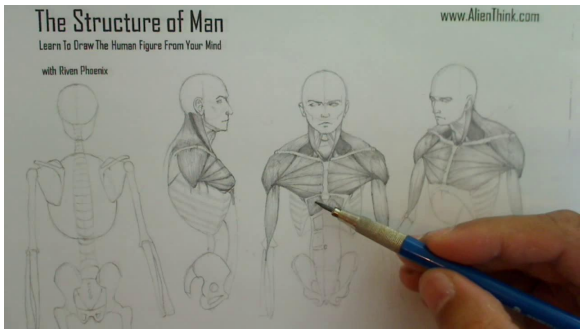
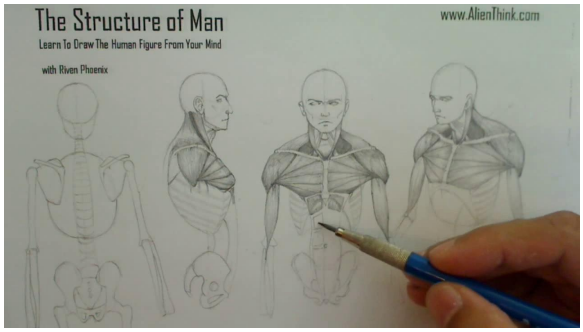
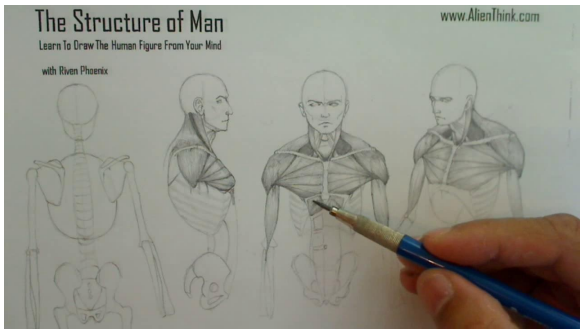
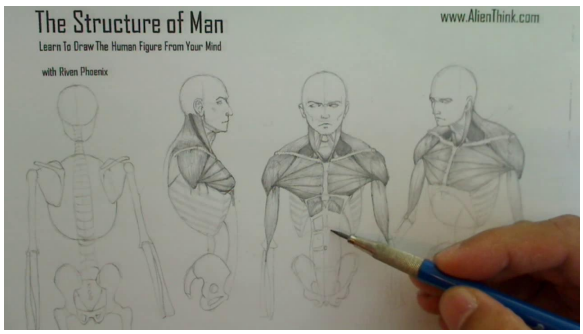
61		This one is the important one to understand.
62		We know that there are two.
63		This one touches chest cavity.
64		So here I'm just going to put these in like this.

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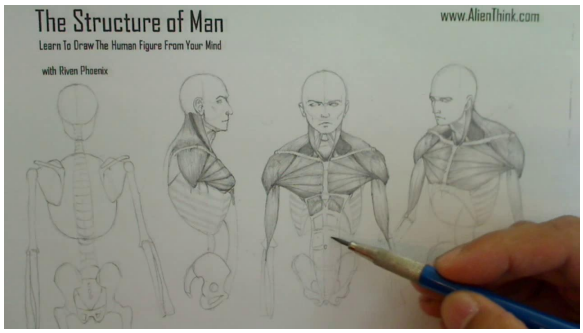
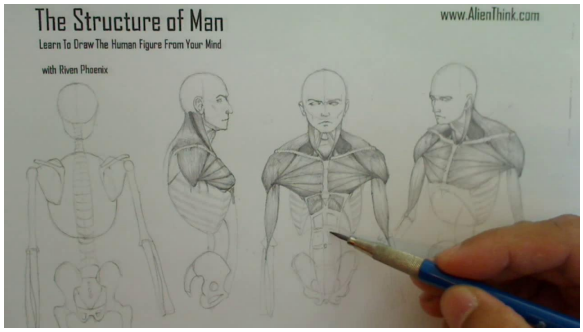
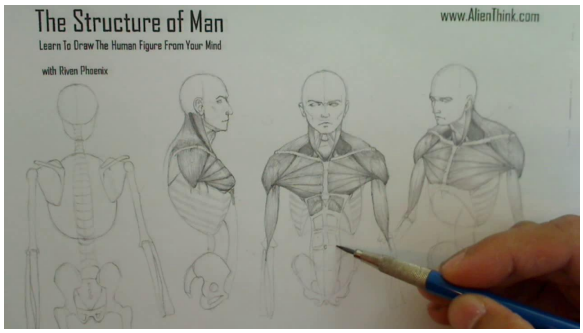
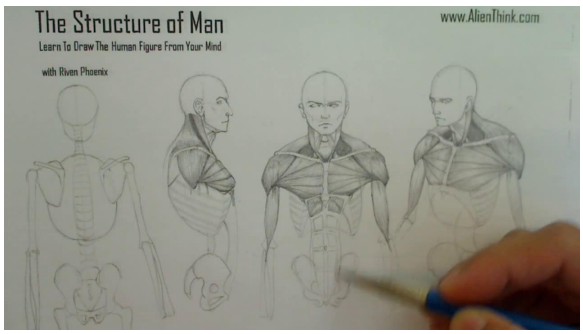
65		Just basic shapes first.
66		Just understand conceptually.
67		Get the mind to understand this as an other concept over here.
68		Okay, I'm getting it that this is basically how this is supposed to be.

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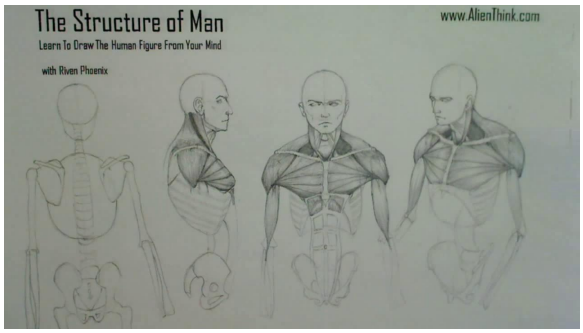
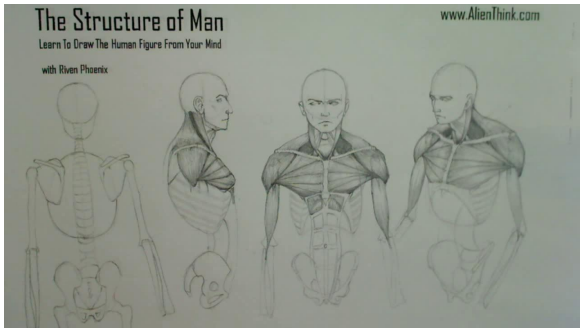
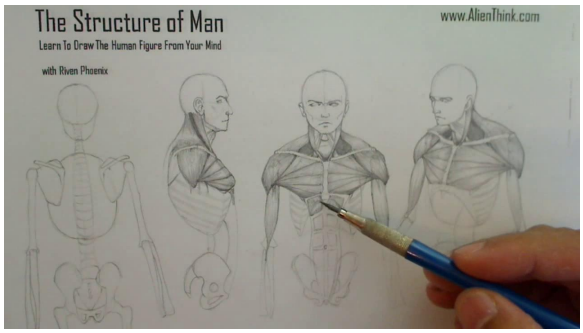
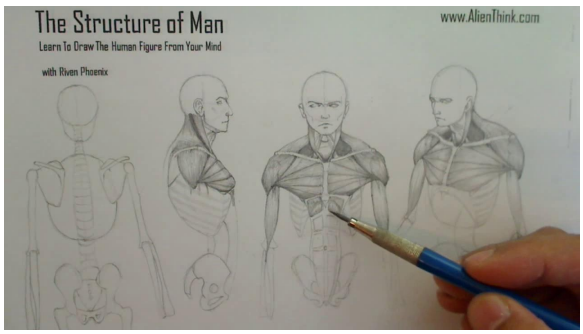
69		Right, so now it can just fill them in.
70		Right, so the abs, they don't have to be so exact.
71		See, like this one is a little bigger than it over here.
72		I did this kind of like a little bit more organic, like it's a little smaller.

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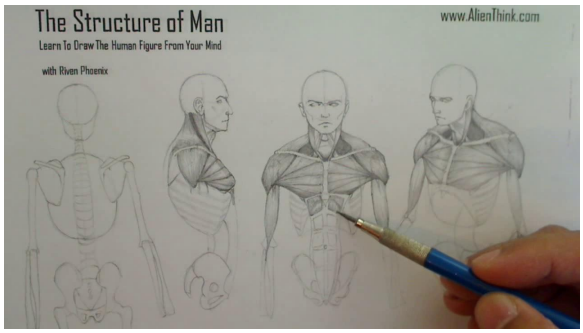
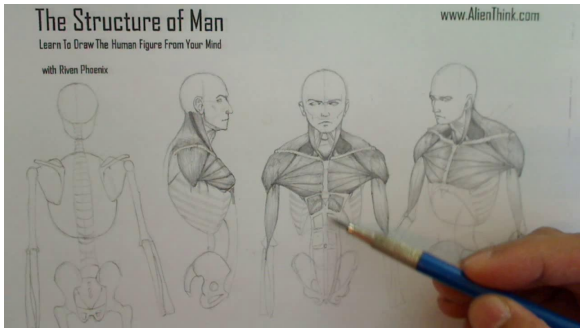
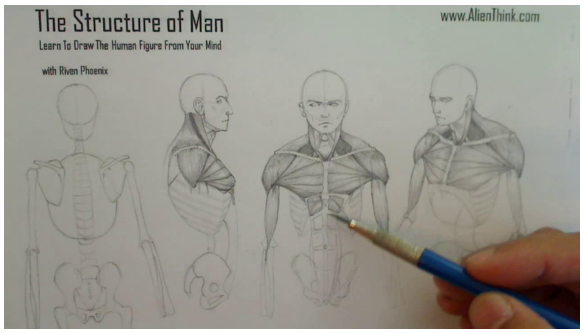
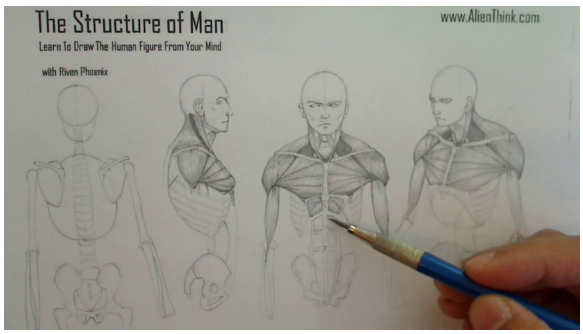
73		And that's what you're going to find in the human being that is they're going to be like odd size.
74		And this is really because it really depends on what you've been doing on your life, right?
75		If you've been lifting boxes and you've always lifted with your right side, right?
76		Most of your muscles are really going to be more bigger on your right side than your left, right?

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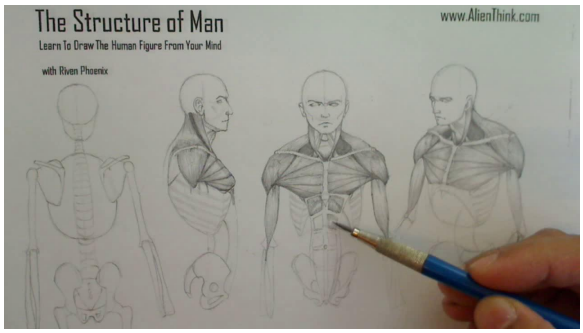
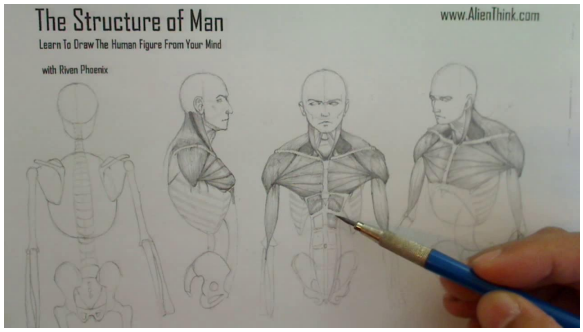
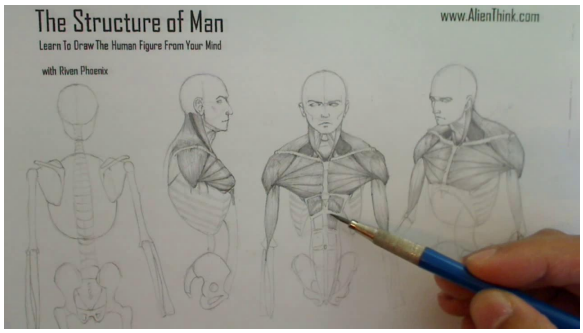
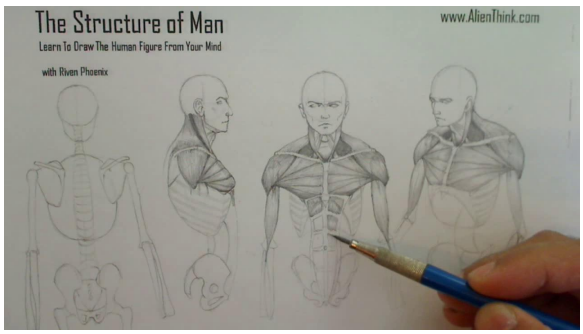
77		One hand is always like more stronger than the other.
78		Right, so it's always going to be organic.
79		Just keep that in mind.
80		Okay, so here, right, but it's approximately going to be like the same size,

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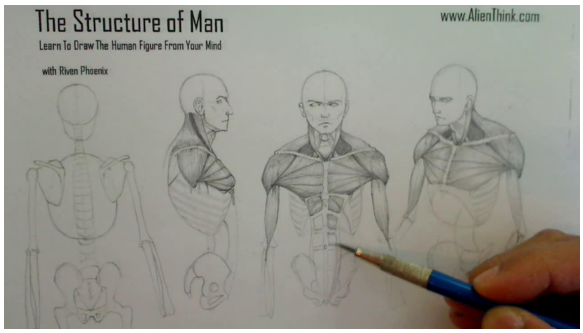
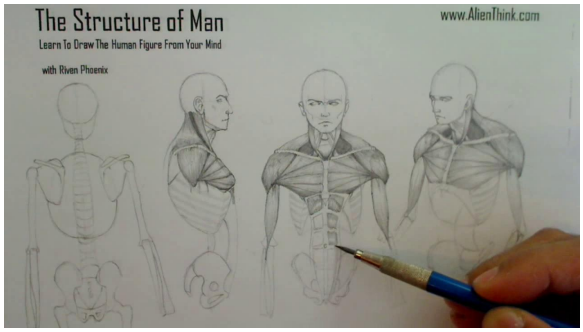
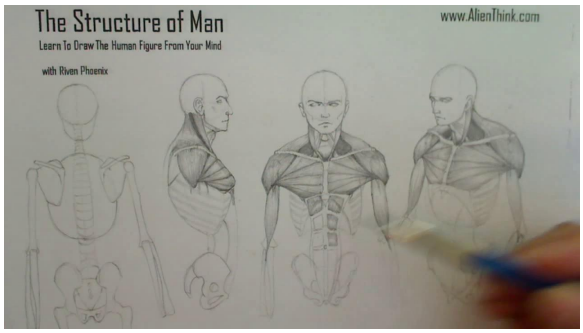
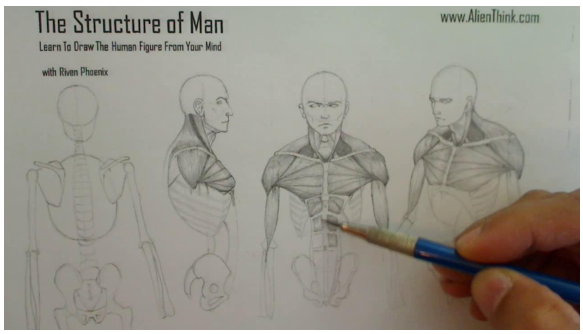
81		but here I'm just showing you that you're just going to get these anomalies, right?
82		So here we've simply got them like this over here.
83		Okay, so here I'm just going to fill this in like this and then fill this in like this.
84		Right, so when you're doing this, look at this.

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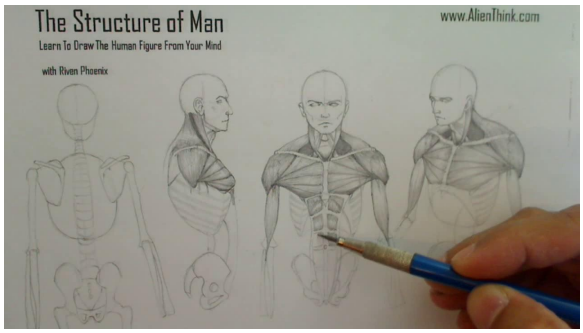
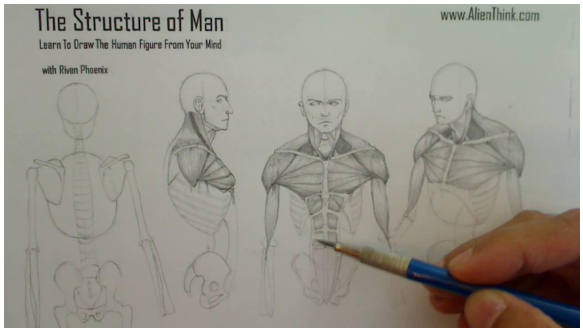
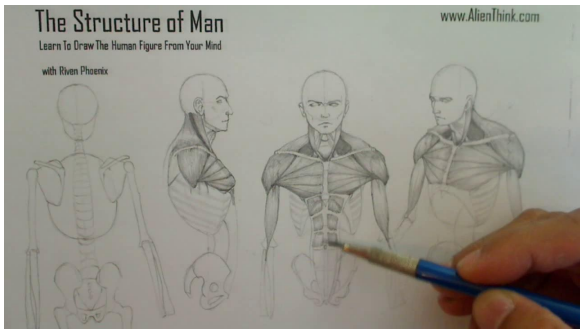
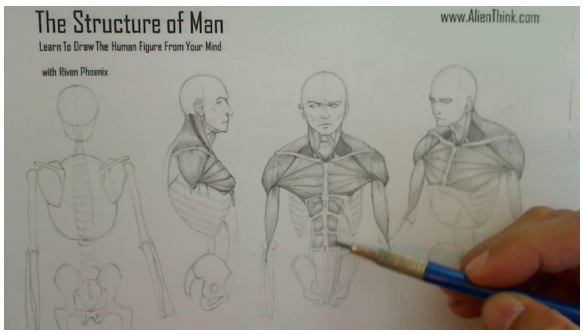
85		It goes this way and look at the angle here and then it's a lesser angle and it's always becomes horizontal.
86		Okay, so in surface anatomy, when we get to that part, we'll notice that really the abs,
87		they don't have to be so symmetrical.
88		You can choose to show abs or you can choose not to show any abs.

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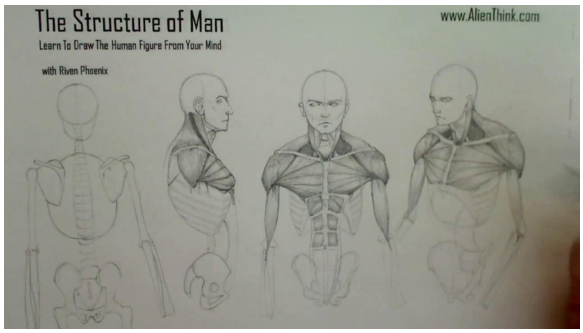
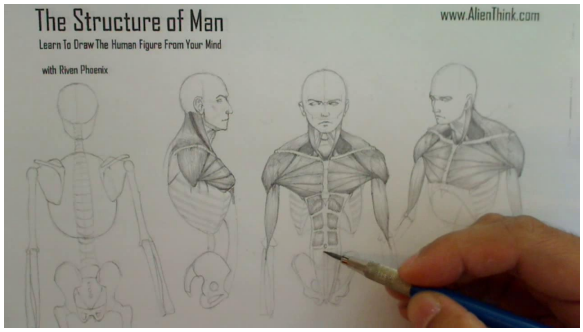
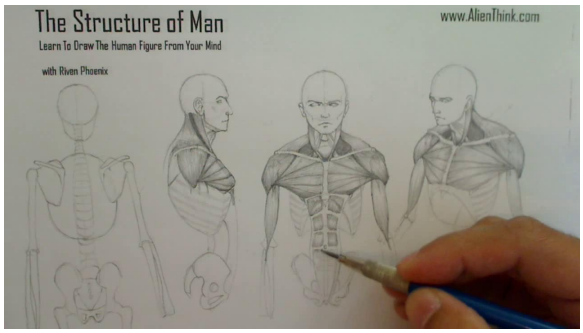
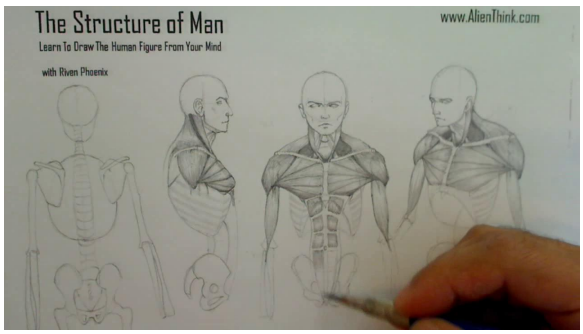
89		It doesn't matter.
90		And if you choose to show them, you really will make the look very organic looking.
91		Right, and here I'm just going to finish this side up, simply like this.
92		Right, it's just going to go up in this direction like so.

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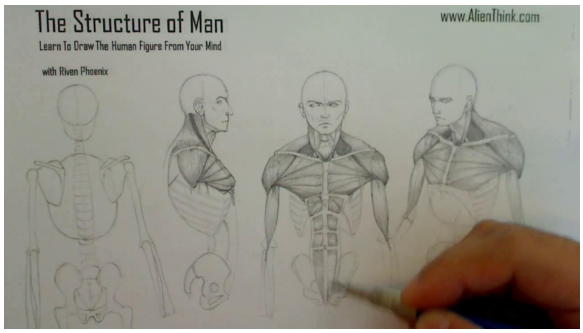
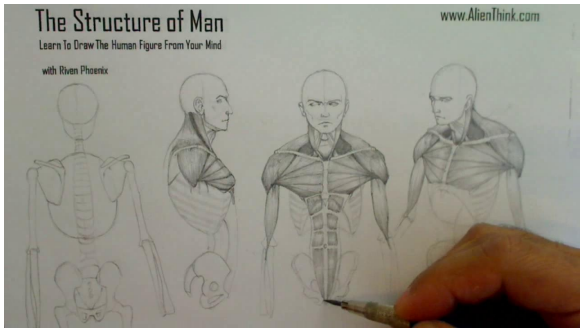
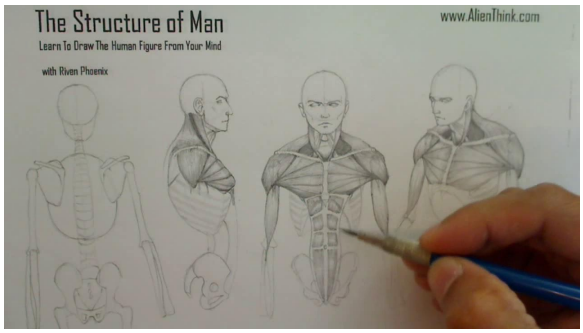
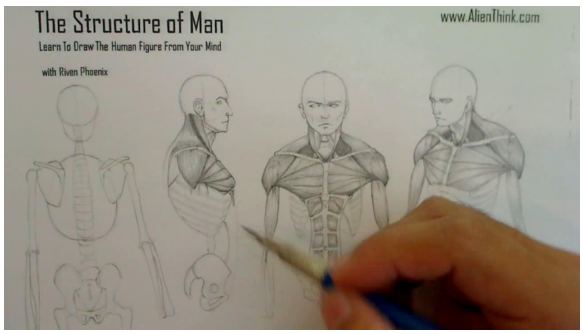
93		Right, so they're going to have like this white space area in the middle.
94		Right, so what is that this design that we did really does exist and this is going to be really the white part for the abs.
95		They really just are under by this matter.
96		So what happens here on this side is that it's the same thing.

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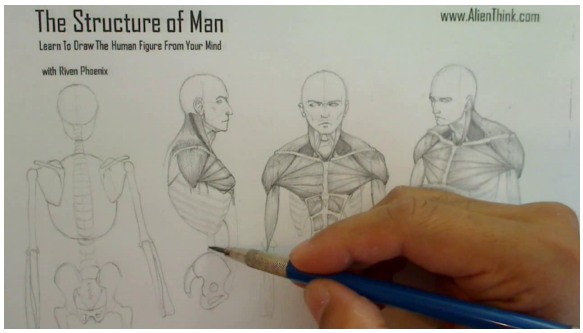
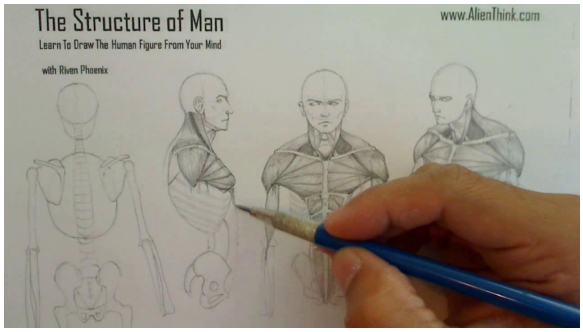
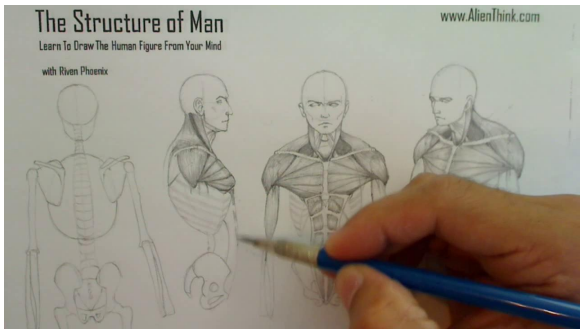
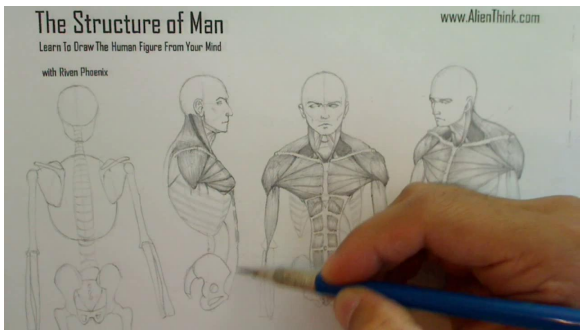
97		Just find the navel where it's supposed to be.
98		Right, and then over here we're just simply going to put one and two.
99		Right, so we can just do that like this over here and give them over here a little bit of structure over here to bring them out a little bit.
100		And this one will simply just go in here.

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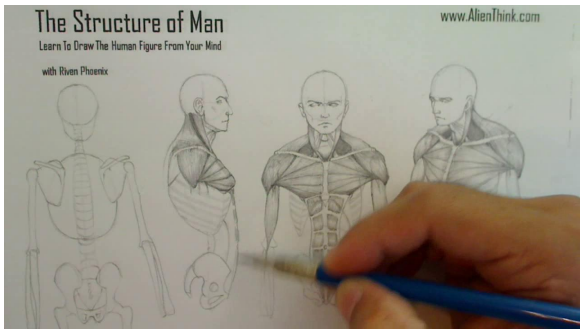
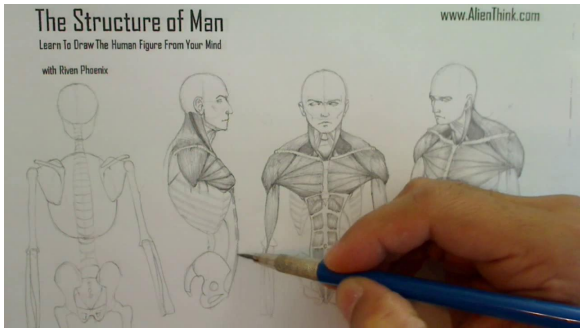
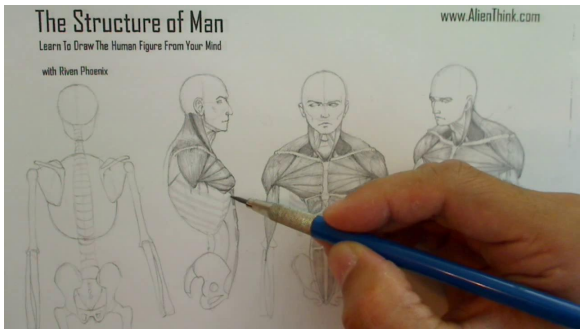
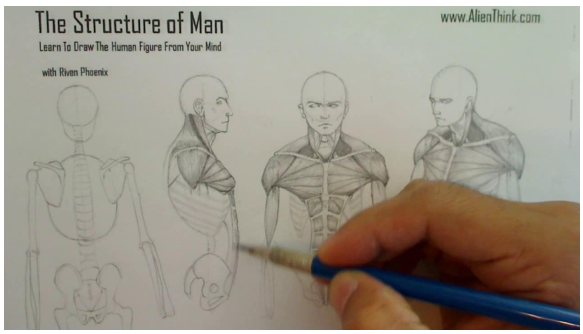
101		Right, you're not going to see much from the side.
102		Right, but you'll see like these bumps here, like this and this one you know that's just going in.
103		So from the side, I'm just going to get the same concept over here that we did for the lines.
104		And it's just going to balloon out and go this way.

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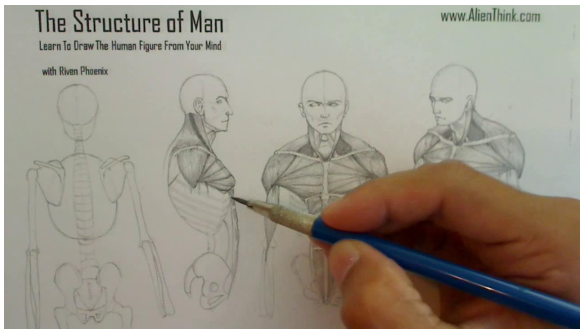
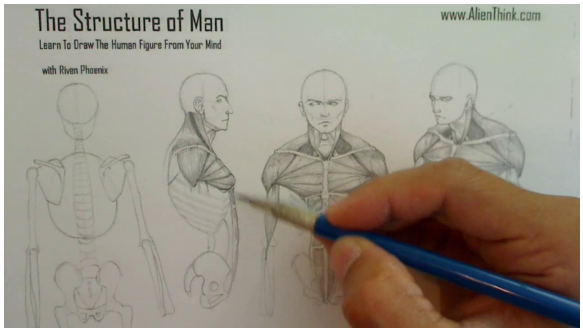
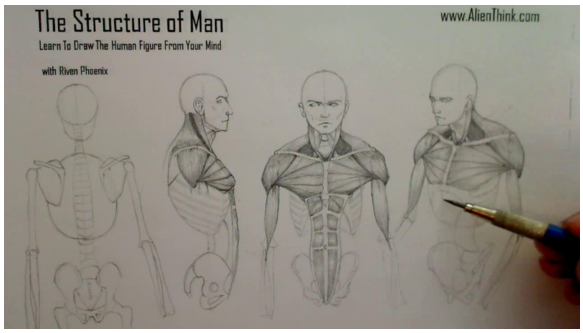
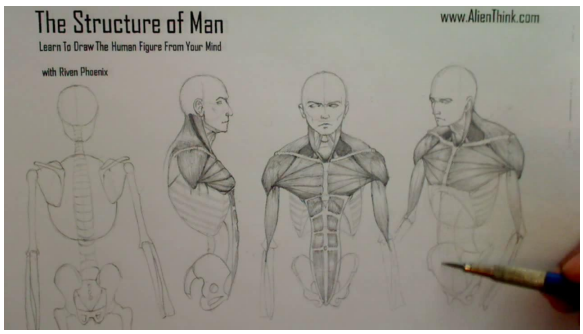
105		Right, you're not going to really see much of this.
106		But this helps to understand as to why we created that thing in our mannequin system.
107		Right, so for this end, it's just going to be simple.
108		I'm just going to do it this way, keep it very simple.

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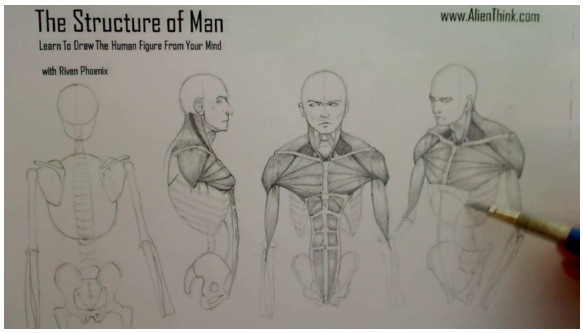
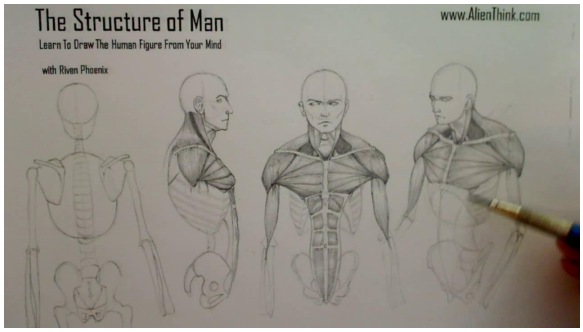
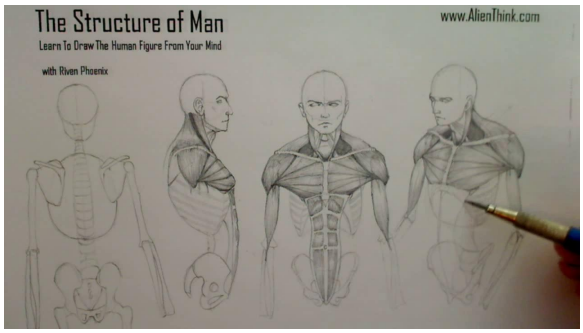
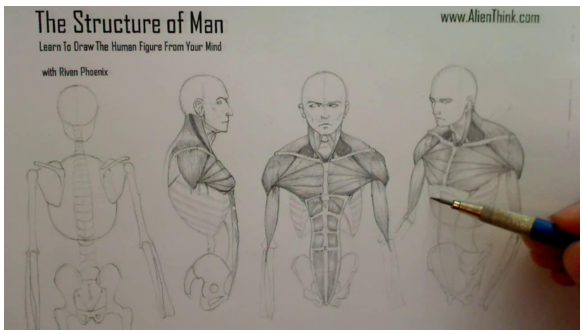
109		So over here, I know that right, this muscle is here, this line is here.
110		And I'm just going to first bring bring out the line.
111		It's going to go up against this over here.
112		So you're going to go up against this, then it's going to dig down.

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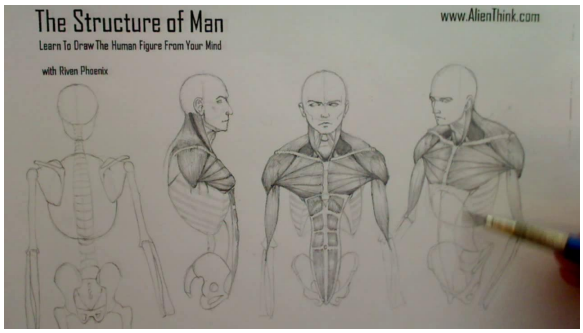
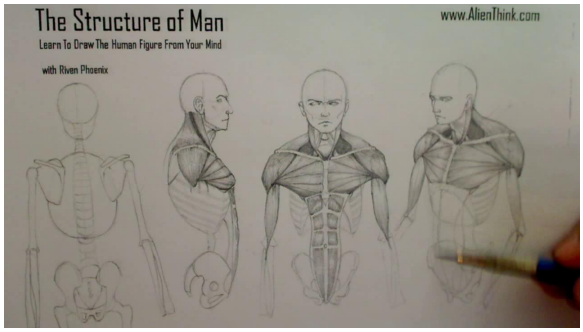
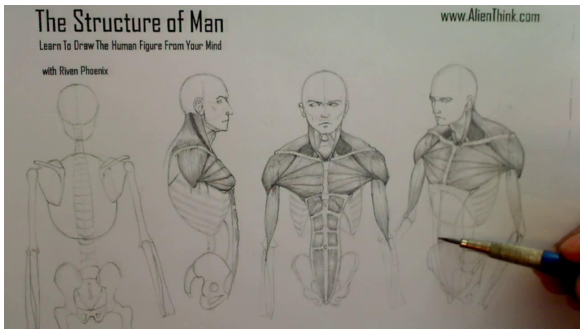
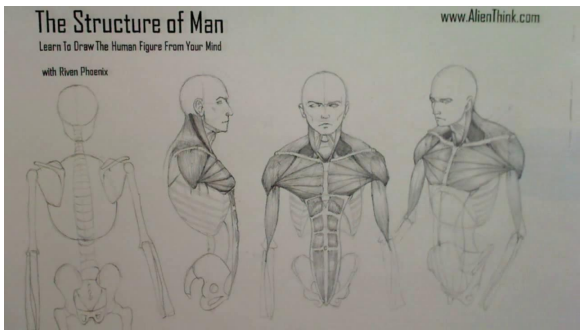
113		And when it dips down, it's just going to be simply going in that direction.
114		All right, it's just going to come down this way.
115		So here's my, my naval.
116		So now we can erase some of these parts here.

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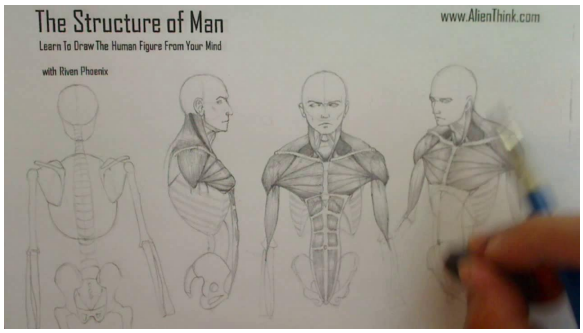
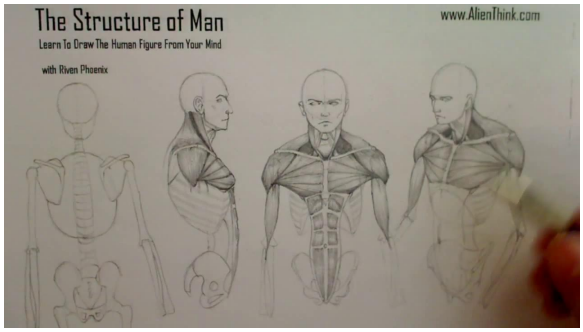
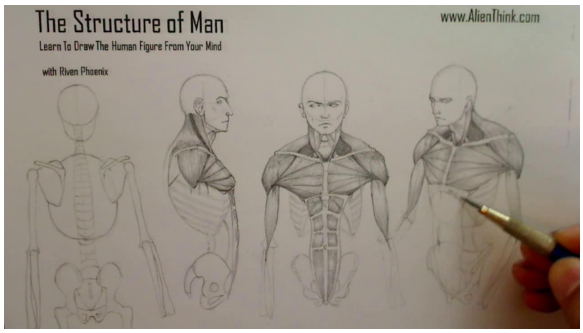
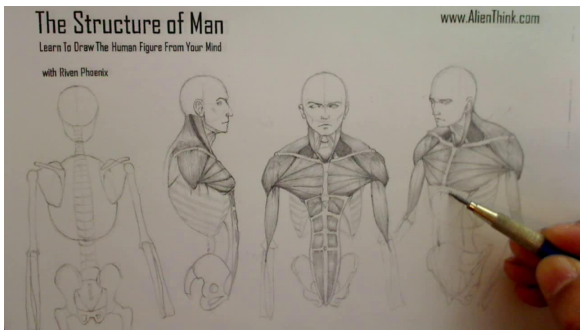
117		We can get a clear understanding, get a clear drawing.
118		So when I do the first app, I'm just going to first mark out with some lines here
119		that this is all I want to do the first one over here.
120		Then it's going to dip down over here like that.

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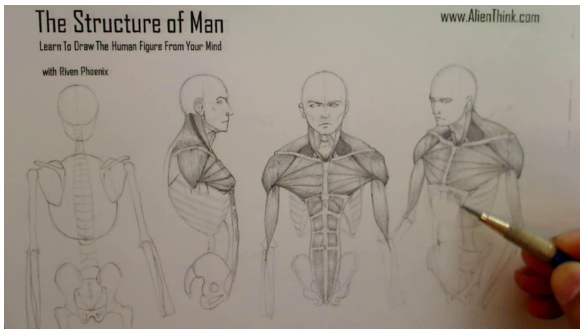
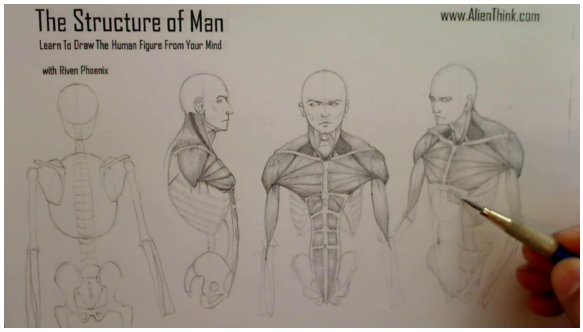
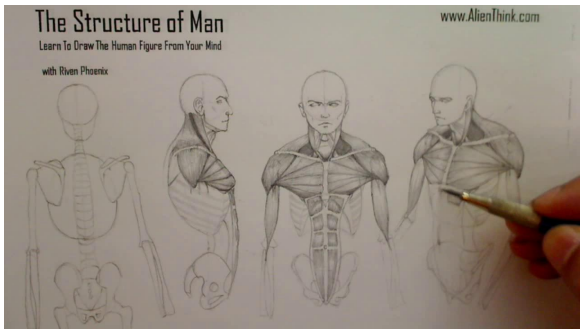
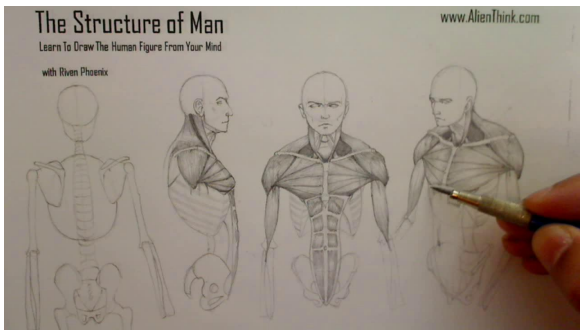
121		Right, so it's all beyond this, like this angle here.
122		Right, it's going to dip down over here, just like this.
123		And then it's going to do the same thing over here.
124		It's going to really be coming down and it's going to dip down in here like so.

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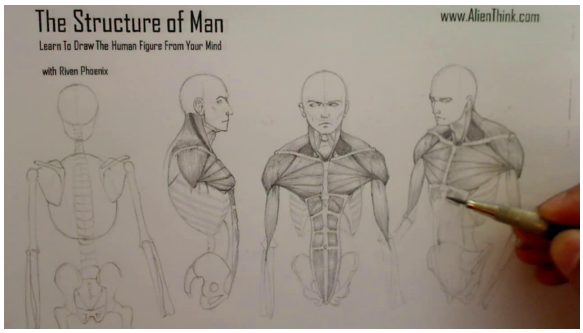
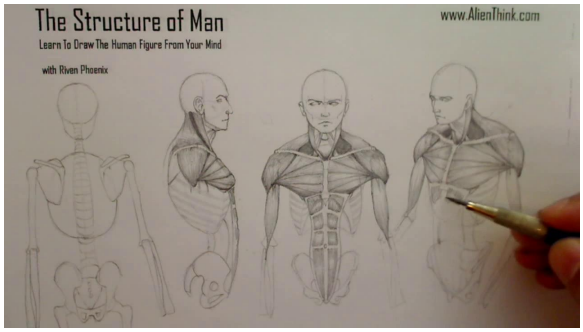
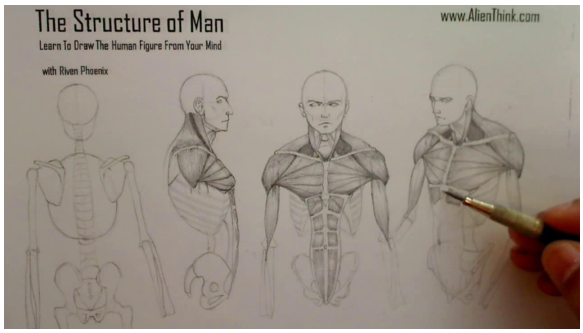
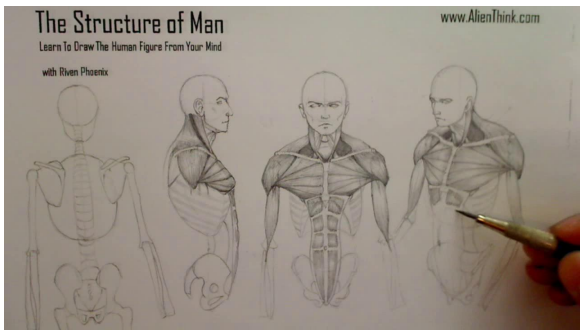
125		It's going to be like on an angle over here.
126		So it's better to once you let get this concept down over here.
127		Now all you have to do is really just draw out the shapes first.
128		Just draw them out over here.

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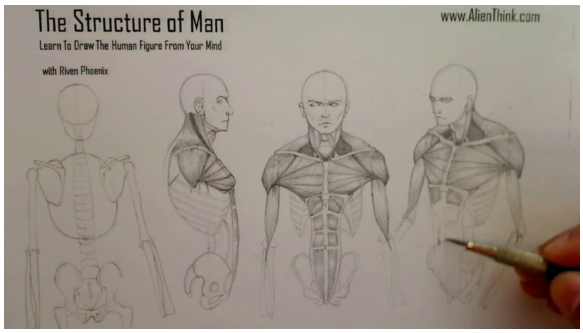
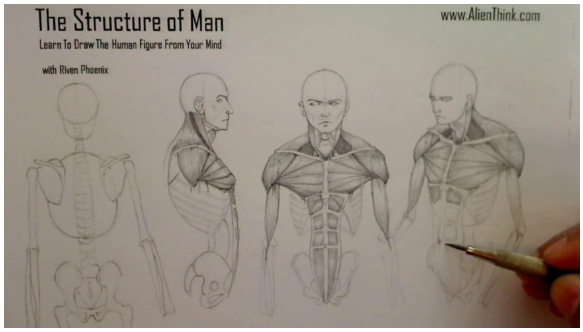
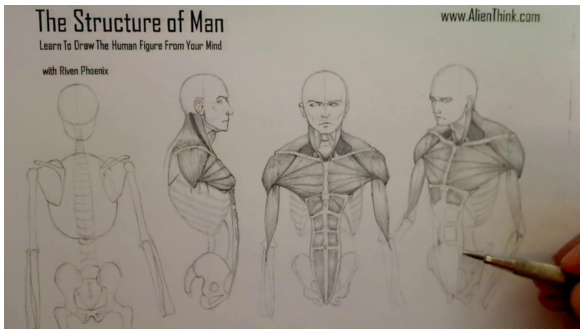
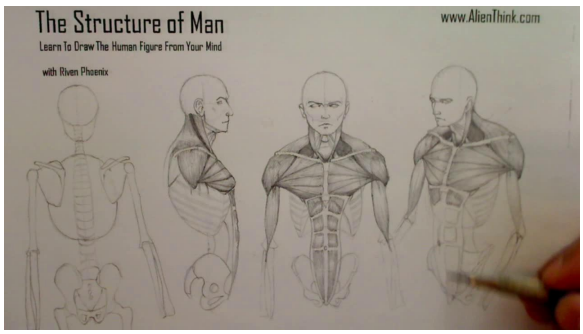
129		And I'm just going to get my app over here like this.
130		And then this one over here, remember it's connecting over here.
131		It's just going to go this way.
132		Right, just thinking perspective.

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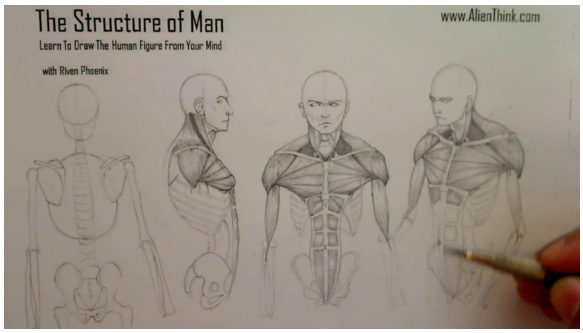
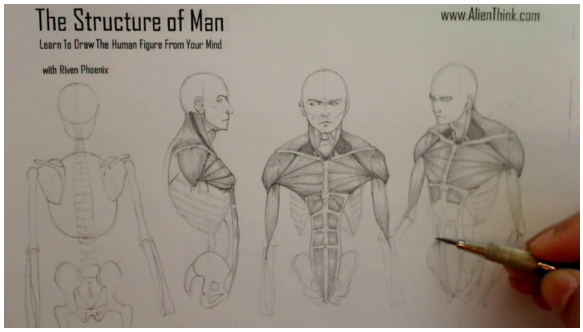
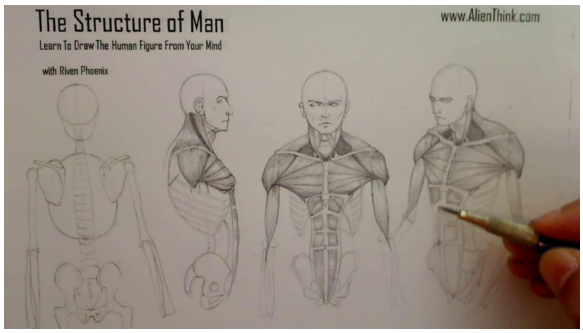
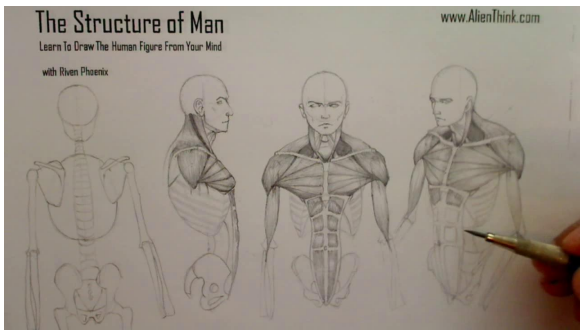
133		It's going to go like this.
134		And this here is going to be like this a little bit on the angle over here.
135		And this is going to be the same.
136		Right, so just make sure that it looks visually right before rendering it.

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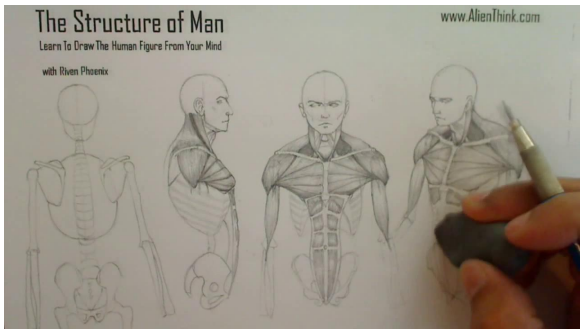
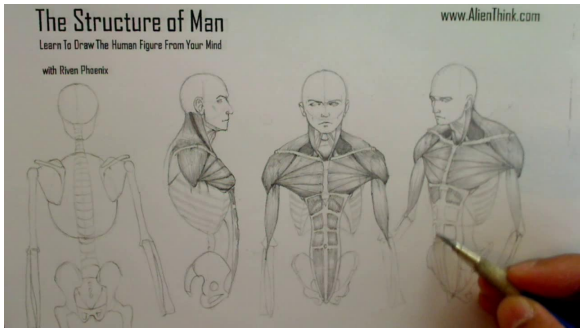
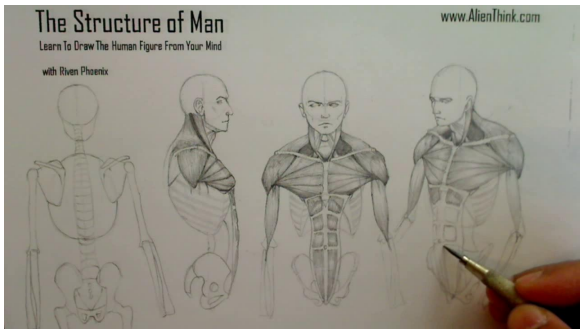
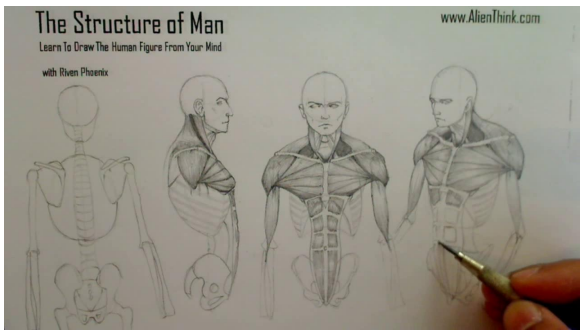
137		So I'm just going to clean up this area and make sure I'm getting this correctly down.
138		Right, and if you're once you're happy with the concept,
139		you can just start to put that right.
140		But now you will notice where this is.

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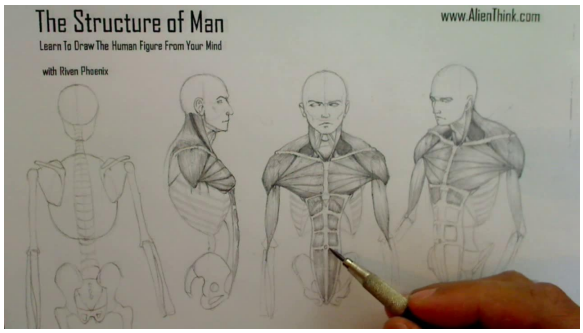
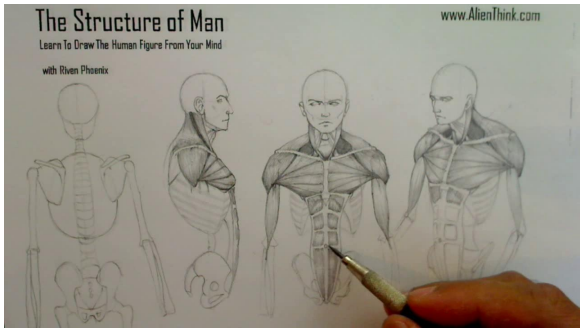
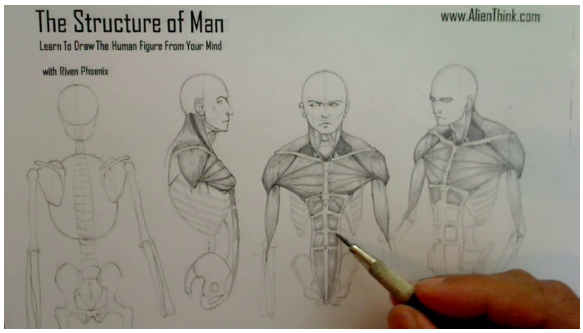
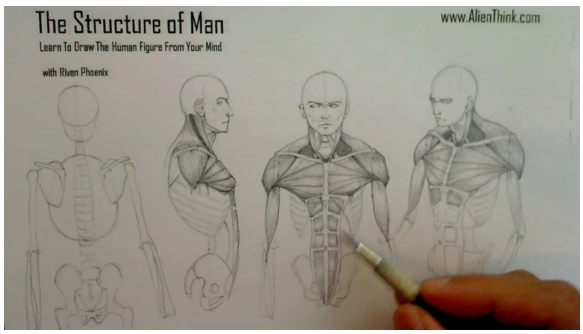
141		Right, the naval look where it is.
142		It's here here.
143		And this first app is here.
144		Right, you can just understand how this is happening.

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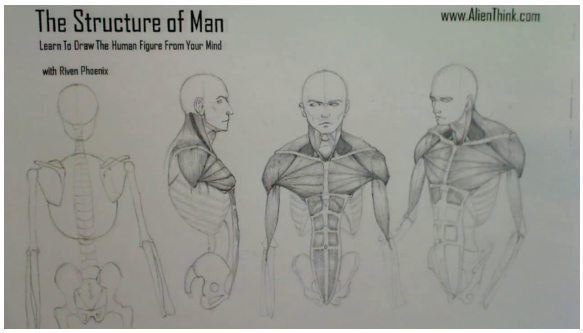
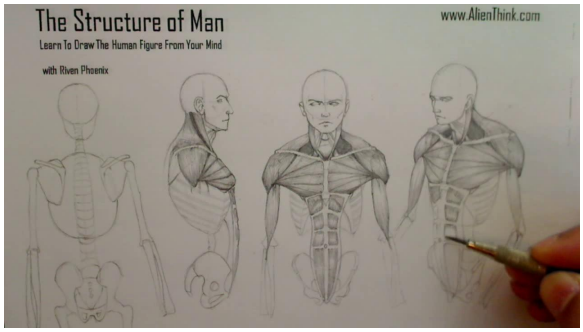
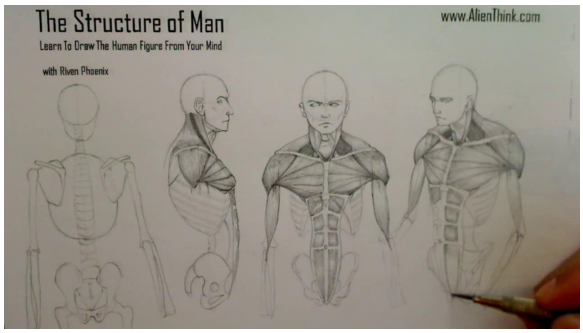
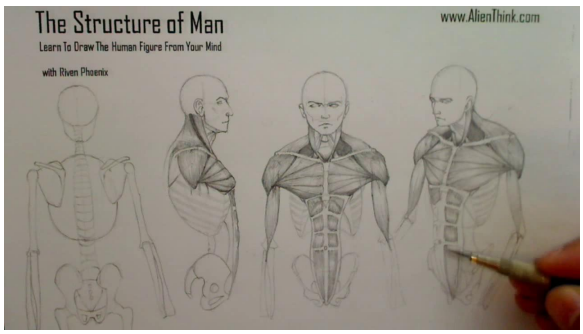
145		Okay, so we just have to fill this in a little quickly over here.
146		And I'm just going to finish this.
147		Right, moving as fast as I can through these lessons.
148		And some of these or stuff we're getting into required a little bit of time to put together.

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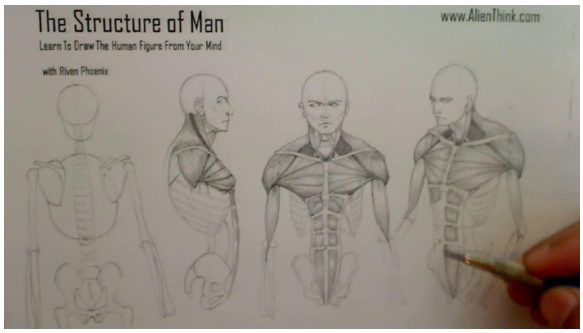
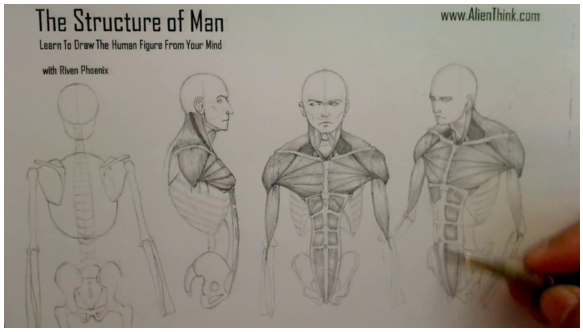
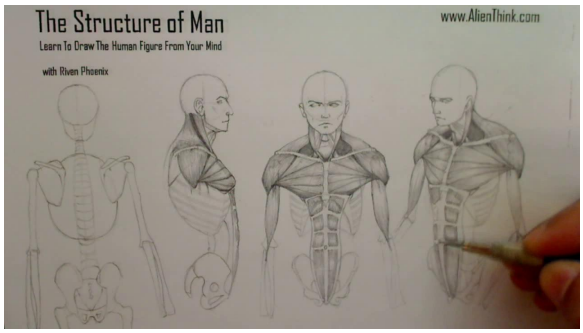
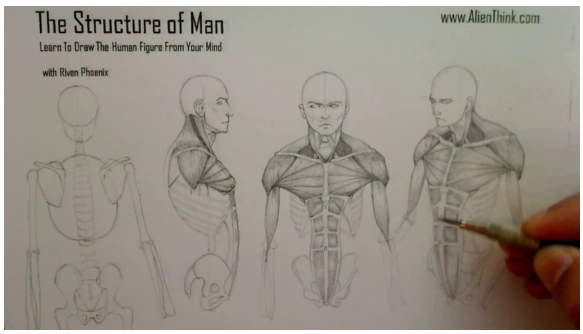
149		Right, so you should be just following along with me these lessons here, right.
150		Okay, so I got this down and here I'm just going to get this done over here.
151		Right, I can flatten it up a little bit if I want to, right.
152		And that's where this is going to be, right.

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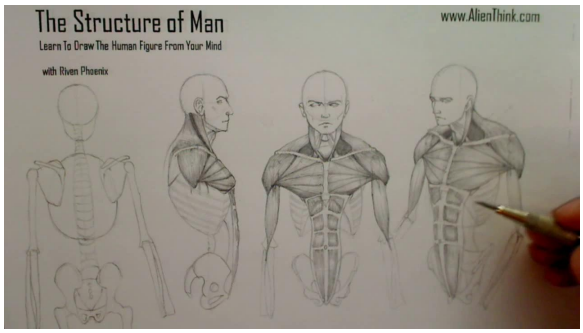
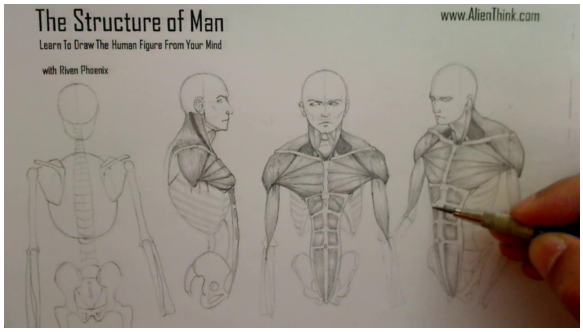
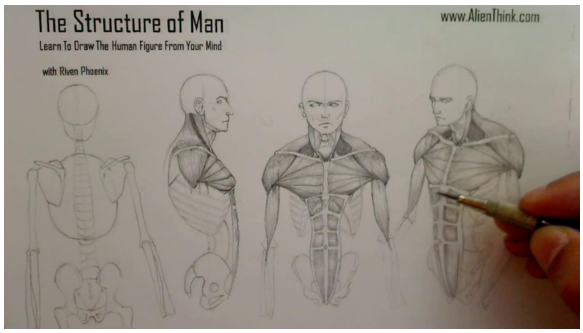
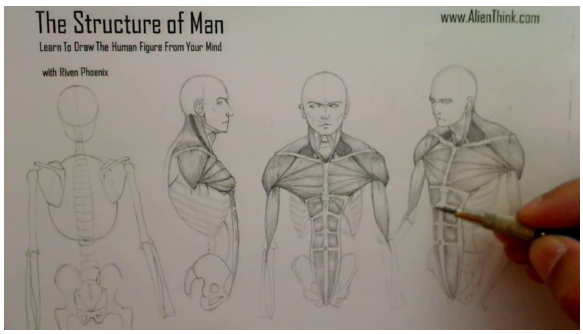
153		And here I'm just going to make this mark here that that's where this is.
154		Right, so notice over here that when you get the chance cavity over here,
155		look, notice this idea here that you're going to get this bone structure over here.
156		Then you're going to get these abs over here like this.

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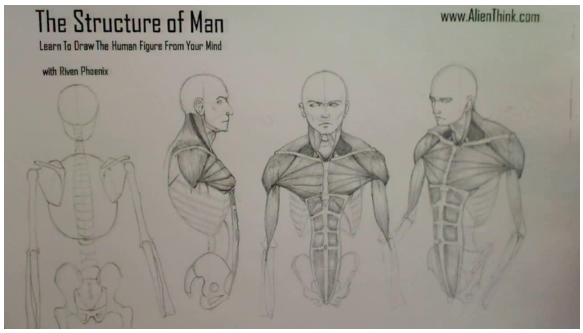
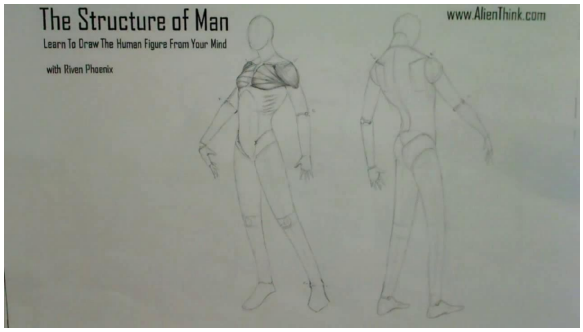
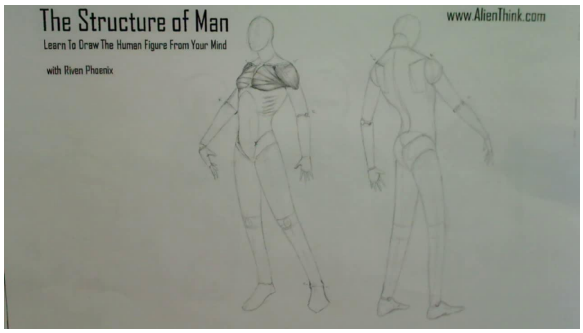
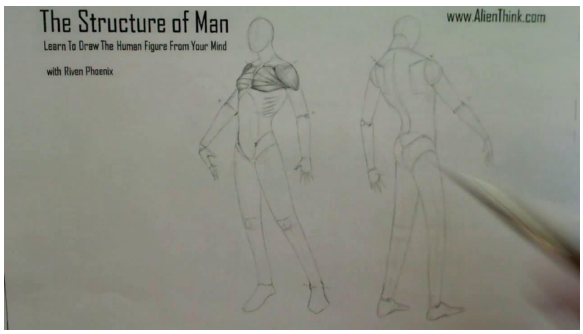
157		Okay, so now, you know, drawing where we now need to implement this,
158		this is going to be very simple to comprehend, right.
159		Now we're going to have a third muscle, understanding of a third muscle.
160		So basically where this is here, we can now look at this and say,

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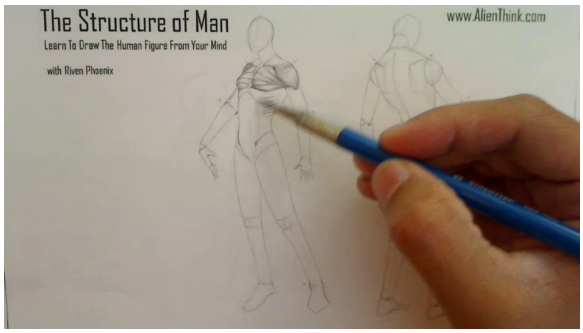
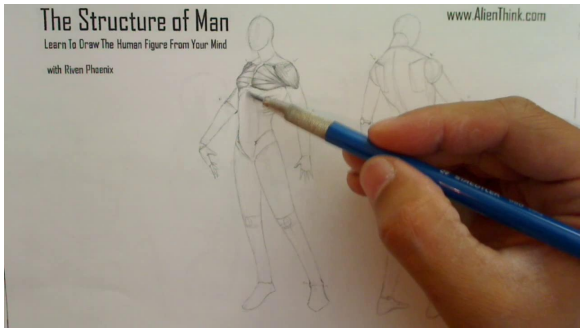
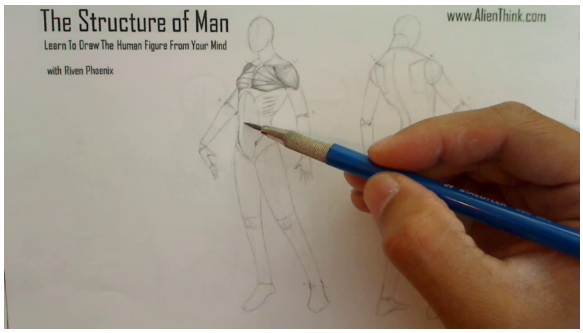
161		okay, well, I'm just going to simply put that in.
162		Right, I'm just going to first figure out how this is going to be.
163		Look, I'm going to put the needle right about here.
164		So I'm going to get the first app like this.

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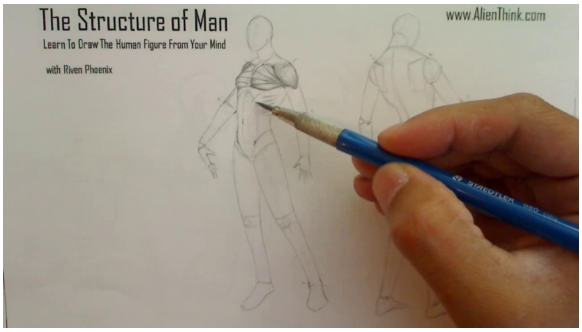
165		Right, it's better to first map it out.
166		Right, and then you're going to get regardless of this line.
167		Right, I'm going to get my abs going in this direction.
168		I'm going to get like this white space over here.

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169		Right, so I'm going to get this guy here and this guy over here.
170		And over here, it's just going to be like this.
171		Right, so now we've imprinted this information in our mind
172		as to how it works on the mannequin.

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173		So I'm just going to simply put this in like this,
174		and then over here, do the same thing.
175		So here we can just quickly add the mean like this.
176		Right, so now notice that it goes on top of it like this.

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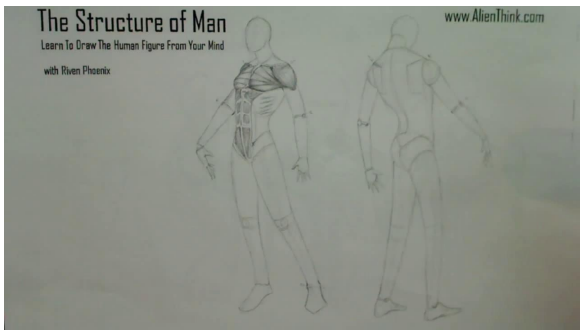
177		Right, and it's just going to be over here.
178		And this one is just going to be coming in like so.
179		Okay, very easy concept again.
180		Right, so now we've understood one, two, and three muscles over here.

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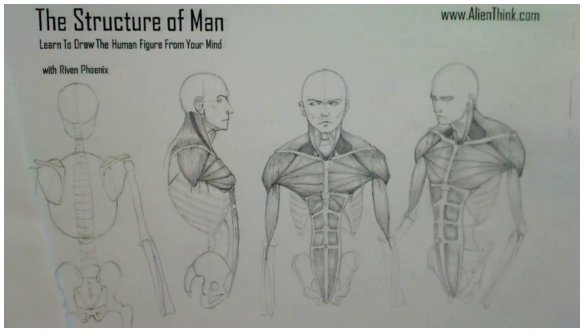
181		Okay, so I'll see you in the next one.
182		Thanks.

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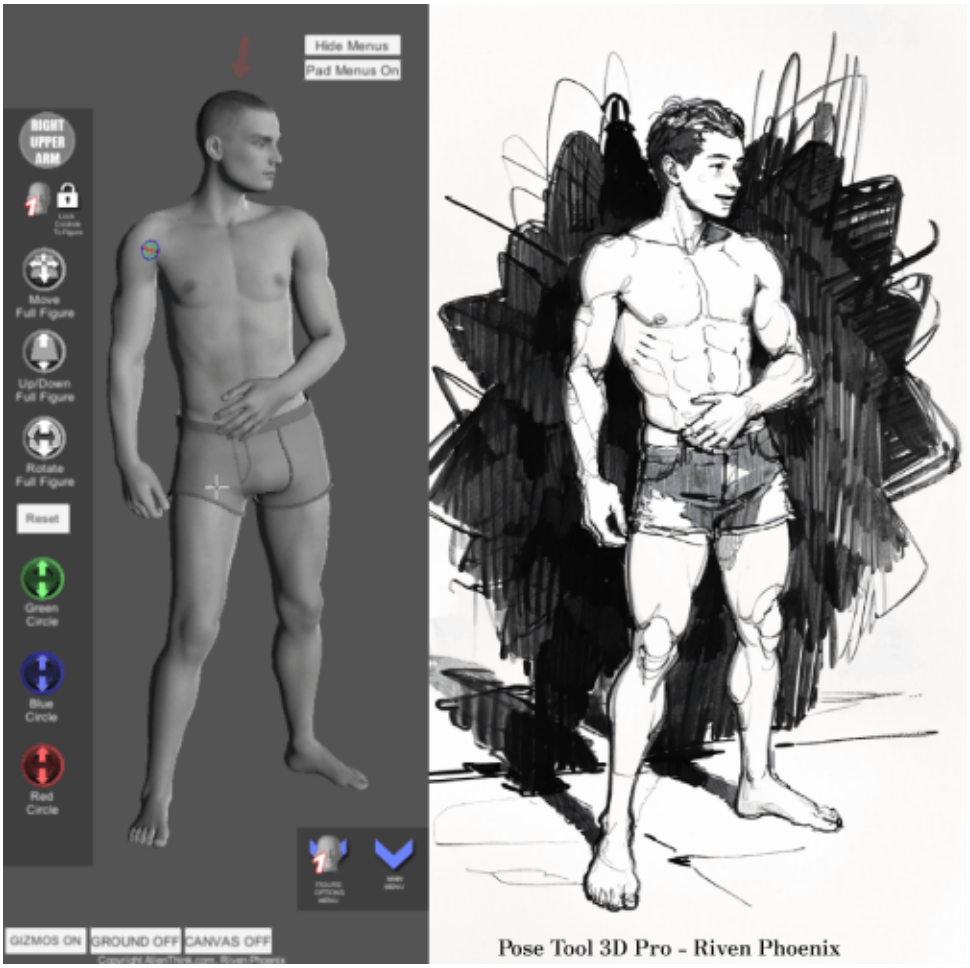

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